



Class Calendar

A Conscious College Community
for Holistic Wellness Education



Turn your Gifts into a **Soulful Career**

On-Campus & Online

Degrees - Diplomas - Certificates - Personal Development

Southwest Institute of Healing Arts - 1538 E. Southern Ave. Tempe, Arizona 85282
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We are committed to providing high quality, affordable education for those entering the healing arts field or for those continuing their education. Each class you take can lead to a Certificate of Excellence, Diploma, or Degree. It has been said that the journey of a thousand miles begins with a single step. For over thirty years we have witnessed the transformation that takes place in people when they make the decision to take just one class at Southwest Institute of Healing Arts . . . it often becomes the first step to showing up in a more powerful way in the world.

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COMPLIMENTARY ONE DAY EVENT

Explore Massage Therapy as a Career

If you are searching for a new career and have questions, join us for a day of exploration.



Have you ever imagined what it would be like to be a therapist in the massage industry?

Come and explore the possibilities! This experience is designed to give you a firsthand look at the healing benefits of Massage Therapy, the power of touch, and the importance of professional, safe draping procedures. We will also have the opportunity to explore the abundant employment opportunities available for bodywork practitioners.

Choose one of the following dates:

1/10/26 5/09/26 9/05/26

Event Time: 9am - 5pm

To attend this event you must RSVP at info@swiha.edu

We Are Here to Support Your Vision

1

People from all over the country are drawn to Southwest Institute of Healing Arts (SWIHA) to fulfill a myriad of dreams and aspirations – what are yours?

Our Admissions team can help you design a course of study to help you achieve your personal goals and dreams. Info@swiha.edu or call 480-994-9244

2

Financial Aid is available:

Where there's a will, there's a way!

We have Federal Financial Aid available to those who qualify, and Do-Your-Dream options available on-campus. Our Financial Aid Department will help you find the financial options that best fit your educational needs.

3

Our Academic Advisors are dedicated to supporting you:

You will be assigned an Academic Advisor to support you through your program of study if you are in a diploma or degree program.

Your advisor can help you audit your progress and answer questions about different specialties. It is your overall responsibility to ensure you meet the required hours or credits in order to graduate.

Approvals and Licensing:

- Licensed by the Arizona State Board for Private Postsecondary Education
- SWIHA is licensed by the Arizona Barbering & Cosmetology Board and the Arizona Department of Health Services Bureau of Radiation Control
- Arizona Board of Massage Therapy
- Approved for the Training of Veterans by the Arizona State Approving Agency
- Approved as a Continuing Education Provider by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)
- Approved by Yoga Alliance®
- Recognized by the American Board of Hypnotherapy (ABH)
- NBHWC Approved Training Program
- Approved by the AZ State Authorization Reciprocity Agreement (AZ-SARA)
- Approved by the American Council of Hypnotist Examiners (ACHE)
- Approved by the International Medical & Dental Hypnotherapy Association (IMDHA)



Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.

ACCET

Southwest Institute of Healing Arts is an accredited college by the Accrediting Council for Continuing Education & Training, ACCET is listed by the U.S. Department of Education as a nationally recognized accrediting agency.

SWIHA offers the availability of Financial Aid for the following types of Federal Student Aid to students who qualify.

- Federal Pell Grant
- Federal FSEOG Grant
- Federal Direct Loans, including the Stafford Loan, Unsubsidized Stafford Loan, and Parent PLUS Loan Programs

Students need to complete their application for financial aid on the following website: studentaid.gov, enroll in a program eligible for financial aid, then meet with Financial Aid. Student must complete the process of funding their program as soon as possible, and no later than the end of Provisional Enrollment **School code number: 035933.**

The following are financial aid eligible programs:

- Degree - Associate Degree in Holistic Health Care On-Campus
- Diploma - Adv. Yoga Teacher & Healing Arts Practitioner (800 hrs)
- Diploma - Integrative Healing Arts Practitioner On-Campus (750 hrs)
- Diploma - Integrative Healing Arts Practitioner Online (780 hrs)
- Diploma - Integrative Yoga Therapy (1000 hrs)
- Diploma - Mind-Body Wellness Practitioner (600 hrs)
- Diploma - Master Massage Practitioner (1000 hrs)
- Diploma - Professional Massage Practitioner (750 hrs)
- Diploma - Western Herbalism (745 hrs)
- Diploma - Yoga Advanced Teacher Practitioner (600 hrs)
- Diploma - Holistic Health & Wellness Coach Online (780 hrs)
- Diploma - Natural Aesthetics Practitioner (600 hrs)
- Diploma - Advanced Skin Care Practitioner & Cosmetic Laser Technician (780hrs.)

For all programs, no-interest Institutional payment plans are available for students with cash balances, and private educational or alternative loans may be available from outside institutions.

Entrepreneurial and Career Support

Our Success Center is an ongoing entrepreneurial support outlet, dedicated to students and graduates of SWIHA's many programs. We support student success by providing up-to-date resources designed to educate, motivate, and inspire professionals, whether they are stepping into a new career or furthering the evolution of their existing career. On-campus or Online, your success is our success! Together, let's begin to manifest the SWIHA motto of **'Touching Lives, Healing Bodies, & Freeing Souls.'**

Placement Support:

- Career/Achievement Coaching
- Licensure & Insurance Information
- Resume Development
- Interview Preparation
- Job Opportunities

Entrepreneurial Services:

- Entrepreneurial Coaching
- On-Campus Business Center
- Online Resources to Grow Your Business
- Marketing Assistance

www.OurSuccessCenter.com - learn more about the wide variety of resources available to you.

www.GreatGraduates.com – our online directory of graduates and instructors.



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480-994-9244 ext.181



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480-994-9244 ext.114



Jennifer Emperador
Director of Career Services - SWIHA
480-393-1415 ext.213

SWIHA is committed to supporting you as a student and graduate





Integrative Healing Arts Practitioner *Online*

Our online Integrative Healing Arts Practitioner diploma is designed to help you discover your distinctive talents, and give you the tools to create mind-body-spirit healing for yourself and your future clients. The core curriculum of this diploma offers courses in a suite of holistic modalities, Somatic psychology, and business development.

In this program, you will:

- Learn proven wellness tools from Somatic Psychology of Regulation & Trauma, Aromatherapy, Hypnotherapy, Philosophy, and Theology.
- Gain foundational knowledge in a variety of modalities and techniques, such as stress management approaches, coaching skills, and how to hold space for those going through times of loss, celebration or life changes.
- Prepare to serve as a Spiritual Coach, Intuitive Coach, Yoga Nidra Facilitator, End of Life Doula and so much more!

Required Classes

Code Course	Clock Hours	Credits
TRANSFORMATIONAL PSYCHOLOGY		
TP 106-OL GRIT for Success	30	2.00
TP 115-OL Cognitive Well-Being & Social Responsibility	25	1.50
TC 630-OL Somatic Psychology: The Neuroscience of Regulation & Trauma	30	1.75
TC 640-OL Somatic Psychology: The Subtle Body	30	1.75
AR 107-OL Aromatherapy of the Spirit & Flower Essences	30	1.50
TP 107-OL GRIT: Student Journey	15	1.00
SUBTOTAL	160	9.50
HOLISTIC ENTREPRENEUR		
HE 101-OL Entrepreneur's Journey 1: Departure	30	2.00
HE 102-OL Entrepreneur's Journey 2: Initiation	30	1.75
HE 103-OL Entrepreneur's Journey 3: Return	30	1.75
HE 201-OL Influencer's Journey	30	1.75
SUBTOTAL	120	7.25

Choose Your Specialization(s)

Option 1

ADVANCED PROFESSIONAL HYPNOTHERAPY (500 HOURS)

HY 105-OL Foundations of Foundations Level I	30	1.75
HY 205-OL Foundations of Foundations Level II	30	1.50
HY 305-OL Foundations of Foundations Level III	40	1.75
HY 415-OL Advanced Techniques in Hypnotherapy	30	1.25
HY 316-OL Fears, Phobias & Addictions	30	1.25
HY 477-OL Dreams and Metaphors	30	1.25
HY 425-OL Script Writing	30	1.25
HY 585-OL Medical Imagery	30	1.50
HY 353-OL Past-Life Regression	30	1.50
HY 375-OL Advanced Professional Hypnotherapy	10	0.50
SUBTOTAL	290	13.50

ADDITIONAL HYPNOTHERAPY COURSES:

HY 318-OL Neuro-Linguistic Programming	30	1.25
HY 545-OL Applied Techniques for Post-Traumatic Growth	30	1.25
HY 345-OL Energy Healing & Hypnosis	10	0.50
AR 122-OL Auriculotherapy for Hypnotherapists	40	2.00
SUBTOTAL	110	5.00

FOUNDATIONAL CLIENT RELATIONSHIP: TRANSFORMATIONAL LIFE COACH

LC 101-OL Foundations of Life Coaching	30	1.75
LC 201-OL Applied Coaching Skills	30	1.50
LC 301-OL Life Coaching Practice & Ethics	40	1.75
SUBTOTAL	100	5.00

Option 2

MODERN SPIRITUALITY (500 HOURS)

SPIRITUAL CELEBRANT

SP 152-OL Grounded Spirituality & Modern Mysticism	30	1.50
SP 156-OL Exploring the Ancestral Web of Belonging	30	1.50
SP 162-OL Mysticism: Finding Your Personal Path	30	1.50
RF 171-OL Soul Coaching	30	1.50
SP 145-OL Energetic Healing for Spiritual Guides	30	1.50
SP 335-OL The Art of Spiritual Expression	20	1.00
SP 525-OL Serving through Ceremony	30	1.50
SP 465-OL Celebrate Your Light - Celebrant & Ordination Prep.	-	-
SUBTOTAL	200	10.00

FOUNDATIONAL CLIENT RELATIONSHIP: INTUITIVE COACHING

SC 101-OL Foundations of Intuitive Coaching	30	1.75
SC 201-OL Angels, Guides & Ancestors	30	1.50
SC 301-OL Practical Applications in Intuitive Coaching	40	1.75
SUBTOTAL	100	5.00

I AM YOGA NIDRA FACILITATOR

YO 410-OL Yoga Nidra I: Immersion	30	2.00
YO 415-OL Yoga Nidra II: Working with Clients	30	2.00
YO 420-OL Yoga Nidra III: Advanced Application	40	2.00
SUBTOTAL	100	6.00

AND Choose One (1) additional specialty to complete:

HEALING BOTANICALS & EARTH CEREMONIES (100 HOURS)

BE 101-OL Earth Ceremonies	30	1.50
BE 201-OL Healing Botanicals I	30	1.50
BE 301-OL Healing Botanicals II	40	2.00
SUBTOTAL	100	5.00

OR

END-OF-LIFE DOULA (100 HOURS)

DD 101-OL Death, Dying, & the Afterlife	30	1.75
DD 201-OL Life Review & Processing Grief	30	1.50
DD 301-OL End of Life Rituals & Ceremonies	40	2.00
SUBTOTAL	100	5.25

To speak with an
Admissions Coach
call 480-994-9244
or email us at
Info@swiha.edu

Start Dates:

1/12/26

3/30/26

6/08/26

8/24/26





Holistic Health & Wellness Coach *Online*

with a Concentration in Holistic Nutrition

Empower yourself and others through a rewarding career in holistic wellness. This fully online program blends mind-body-spirit principles with practical training in coaching, nutrition, Somatic Psychology: Regulation & Trauma, herbalism, and business development. Learn to guide client-centered, lasting change while elevating your own well-being.

Aligned with NBHWC standards, this program prepares you for national board certification and opens doors to careers in private coaching, wellness centers, corporate wellness, healthcare settings, and more.

Core Areas of Study:

- Holistic Nutrition
- Urban Gardening & Herbalism
- Somatic Psychology: Regulation & Trauma
- Coaching Techniques
- Business Development



Required Classes

Code	Course	Clock Hours	Credit Hours
TP 106-OL	GRIT for Success	30	2.00
HN 105-OL	Foundation Holistic Nutrition	30	2.00
TC 630-OL	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	1.75
HC 222-OL	Psychology of Addictions & Disordered Eating	30	2.00
TP 107-OL	GRIT: Student Journey	15	1.00
Subtotal		135	8.75
APPLIED HOLISTIC NUTRITION			
HN 112-OL	Principles of Conscious Eating and Behavior Modification	30	1.50
HN 115-OL	Macro & Micro Nutrients: Eating The Rainbow	30	1.50
HN 210-OL	Whole Foods Cuisine	25	1.25
HN 222-OL	Raw Food Cuisine	25	1.25
HN 235-OL	Nutrition Across the Life Cycle	30	2.00
HN 351-OL	Microbiome Wellness	30	2.00
HN 156-OL	Comparative Dietary Systems with Applied Culinary	30	1.50
Subtotal		200	11.0
URBAN GARDENING & PRACTICAL HERBALISM			
PH 101-OL	Introduction to Sustainability & Urban Gardening	30	1.50
PH 110-OL	Introduction to Herbalism, Culinary Applications & First Aid	30	1.50
PH 120-OL	Urban Gardening & Sustainable Foraging	40	2.00
Subtotal		100	5.00
HEALTH AND WELLNESS COACHING			
HC 101-OL	Foundations of Wellness Coaching	30	1.50
HC 201-OL	Professional Wellness Coaching and Ethics	30	1.50
HC 155-OL	Anatomy of Wellness	30	1.50
HC 156-OL	Health Conditions	30	1.50
HC 301-OL	Advanced Wellness Coaching 1	30	1.25
HC 302-OL	Advanced Wellness Coaching 2	30	1.25
HC 401-OL	NBHWC Exam Prep	20	1.25
Subtotal		200	10.25
HOLISTIC ENTREPRENEURSHIP			
HE 101-OL	Entrepreneur's Journey 1: Departure	30	2.00
HE 102-OL	Entrepreneur's Journey 2: Initiation	30	1.75
HE 103-OL	Entrepreneur's Journey 3: Return	30	1.75
HE 201-OL	Influencer's Journey sharing your story	30	1.75
Subtotal		120	7.25

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or email us at
Info@swiha.edu

Start Dates:

2/16/26
5/04/26
7/20/26



Holistic Nutrition Specialist *Online*

200 Hours • 11.75 Credits

This 200-hour online Certificate of Excellence teaches students how to make healthier food and lifestyle choices; students gain a comprehensive understanding of the foundations of whole food nutrition and how it contributes to the prevention of illness and the promotion of optimal health. The old paradigm, known as the Standard American Diet (or S.A.D. diet), is replaced with S.O.U.L Nutrition: Seasonal, Organic, Unprocessed, and Local whole food as the foundation for a new, healthy, sustainable lifestyle. Students will also learn conscious and mindful eating practices, whole food cooking, and raw food preparation, while also exploring the importance of feeding our microbiome. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
HN 112-OL Nutrition - Principles of Conscious Eating and Behavior Modification ONLINE	30	1.50
3/30/2026 - 5/3/2026		
7/20/2026 - 8/23/2026		
8/24/2026 - 9/27/2026		
HN 115-OL Macro & Micro Nutrients: Eating the Rainbow ONLINE	30	1.50
6/8/2026 - 7/19/2026		
8/24/2026 - 9/27/2026		
11/2/2026 - 12/13/2026		
HN 210-OL Nutrition - Whole Foods Cuisine ONLINE	25	1.25
3/30/2026 - 5/3/2026		
7/20/2026 - 8/23/2026		
HN 222-OL Nutrition - Raw Food Cuisine ONLINE	25	1.25
6/8/2026 - 7/19/2026		
8/24/2026 - 9/27/2026		
HN 235-OL Nutritional Needs Across the Life Cycle ONLINE	30	2.00
8/24/2026 - 9/27/2026		
12/14/2026 - 1/24/2027		
HN 351-OL Nutrition - Microbiome Wellness ONLINE	30	2.00
11/2/2026 - 12/13/2026		
HN 156-OL Comparative Dietary Systems with Applied Culinary ONLINE	30	1.50
12/14/2026 - 1/24/2027		
TOTAL:	200	11.00



Urban Gardening & Practical Herbalism *Online*

100 Hours • 5.00 Credits

Urban farming has become a growing part of U.S. food economy as it helps reduce the miles food needs to travel, and helps city residents access local, healthy food. Around 15% of the world's food is now grown in urban areas. Whether you are interested in growing a personal supply of food or contributing to community efforts, this certificate will help you get your hands dirty. We'll start small and practical by focusing on culinary herbs. Even people who only have one sun-exposed window can grow their favorite flavor and health enhancing herbs. As you build your skills, you can also spread what you learn throughout your community, increasing the number of people taking control over their food production, moving our communities closer to real sustainability. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
PH 101-OL Introduction to Sustainability & Urban Gardening ONLINE	30	1.50
12/01/2025 - 1/11/2026		
11/02/2026 - 12/13/2026		
PH 110-OL Introduction to Herbalism, Culinary Applications & First Aid ONLINE	30	1.50
1/12/2026		
PH 120-OL Urban Gardening & Sustainable Foraging ONLINE	40	2.00
2/16/2026		
TOTAL	100	5.00



From Calling to Career: Tiffany Grant's Journey as an Integrative Healing Arts Practitioner

Tiffany Grant always felt a deep calling to help others; early on in her spiritual journey, she wasn't sure how to turn that inner knowing into a tangible path. "I knew I had a calling to help others," Tiffany shares, "yet I wasn't sure how to move forward." That all changed when a friend—who happened to be a SWIHA graduate—told her about the Integrative Healing Arts Practitioner (IHAP) Online Program.

That conversation sparked something within her, and she decided to take the leap. "I chose the IHAP program because I wanted to integrate a more holistic approach into how I help others," she says. "I'm passionate about this modality because it allows me to support others on all levels—mind, body, and spirit—not just through traditional methods."

A Moment of Inner Peace

Tiffany knew she had made the right decision when she felt an overwhelming sense of peace during the enrollment process. "My inner knowing confirmed it," she reflects. "I trust my inner guidance, and when I feel aligned, I know I'm on the right path." That trust carried her through the program and transformed her perspective—and her life.

Seeing the Unseen

"Enrolling at SWIHA has changed my life," Tiffany says. "It opened my eyes—the seen and unseen world—I now understand how everything is connected." Today, she continues to use the tools and techniques she learned through the program in her daily life and work.

CERTIFICATE/SPECIALTY

Hypnotherapy Online

100 Hours • 4.75 Credits



This 100-hour online Certificate of Excellence integrates the clinical and therapeutic aspects of hypnosis with its spiritual and metaphysical components. By using guided imagery and harnessing the power of the subconscious mind, powerful healing and transformation can occur, including the alleviation of physical, emotional, and psychological problems. This program features dedicated instructor guidance, instructional videos, and discussion forums that will support your education. Our Certificate of Excellence programs are avocational. These courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
HY 105-OL Foundations of Hypnotherapy Level I ONLINE	30	1.75
3/30/2026 - 5/3/2026		
8/24/2026 - 9/27/2026		
HY 205-OL Foundations of Hypnotherapy		
5/4/2026 - 6/7/2026		
9/28/2026 - 11/1/2026		
HY 305-OL Foundations of Hypnotherapy Level III ONLINE	40	1.75
1/12/2026 - 2/15/2026		
6/8/2026 - 7/19/2026		
TOTAL:	100	4.75

Modern Spirituality Celebrant

200 Hours • 10 Credits Online

This 200-hour online Certificate of Excellence provides space and time for students to explore a grounded, inclusive understanding of spirituality. You are invited to deconstruct limiting beliefs about a hierarchical relationship with the god of your understanding and discover ways to express beliefs that align with your values. As a Spiritual Coach, you can hold space for people as they find their own path that meets their spiritual needs. As a Celebrant, you have the opportunity to serve people through ceremony as they mark the important milestones of their lives: births, weddings, losses, and other major transitions. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
SP 152-OL Grounded Spirituality & Modern Mysticism ONLINE	30	1.5
1/12/2026 - 2/15/2026		
3/30/2026 - 5/3/2026		
6/8/2026 - 7/19/2026		
RF 171-OL Soul Coaching ONLINE	30	1.5
12/1/2025 - 1/11/2026		
2/16/2026 - 3/29/2026		
5/4/2026 - 6/7/2026		
7/20/2026 - 8/23/2026		
SP 145-OL Energetic Healing for Spiritual Guides ONLINE	30	1.5
1/12/2026 - 2/15/2026		
3/30/2026 - 5/3/2026		
6/8/2026 - 7/19/2026		
8/24/2026 - 9/27/2026		
SP 156-OL Exploring the Ancestral Web of Belonging ONLINE	30	1.5
2/16/2026 - 3/29/2026		
5/4/2026 - 6/7/2026		
7/20/2026 - 8/23/2026		
SP 162-OL Mysticism: Finding Your Personal Path ONLINE	30	1.5
1/12/2026 - 2/15/2026		
3/30/2026 - 5/3/2026		
6/8/2026 - 7/19/2026		
SP 335-OL The Art of Spiritual Expression ONLINE	20	1
2/16/2026 - 3/29/2026		
5/4/2026 - 6/7/2026		
7/20/2026 - 8/23/2026		
SP 465-OL Celebrate Your Light - Celebrant & Ordination Preparation ONLINE	0	0
2/16/2026 - 3/29/2026		
5/4/2026 - 6/7/2026		
7/20/2026 - 8/23/2026		
SP 525-OL Serving through Ceremony ONLINE	30	1.5
1/12/2026 - 2/15/2026		
3/30/2026 - 5/3/2026		
8 Online Certificate/Specialty	TOTAL: 200	10.00

Advanced Professional Hypnotherapy Online

350 Hours • 17.25 Credits • External Certification

Our online, 350-Hour Advanced Professional Hypnotherapy program includes the full Hypnotherapy 100-Hour program with the addition of advanced techniques such as: fears, phobias, addictions, past-life regression, scriptwriting, dreams and metaphors, foundations of life coaching, and more. In addition to required courses, students will also receive classes in entrepreneurial support and preparation for external certification through the International Medical & Dental Hypnotherapy Association (IMDHA).



Course:	Hours:	Credits:
Hypnotherapy 100-hour Certificate	100	4.75
HE 101-OL Entrepreneur's Journey 1: Departure ONLINE	30	2
12/1/2025 - 1/11/2026		
2/16/2026 - 3/29/2026		
5/4/2026 - 6/7/2026		
7/20/2026 - 8/23/2026		
9/28/2026 - 11/1/2026		
HY 316-OL Fears Phobias & Addictions ONLINE	30	1.25
2/16/2026 - 3/29/2026		
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
HY 353-OL Past-Life Regression ONLINE	30	1.5
1/12/2026 - 2/15/2026		
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
HY 375-OL Advanced Professional Hypnotherapy ONLINE	10	0.5
1/12/2026 - 2/15/2026		
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
HY 415-OL Advanced Techniques in Hypnotherapy ONLINE	30	1.25
5/4/2026 - 6/7/2026		
9/28/2026 - 11/1/2026		
12/1/2025 - 1/11/2026		
HY 425-OL Script Writing ONLINE	30	1.25
3/30/2026 - 5/3/2026		
8/24/2026 - 9/27/2026		
HY 477-OL Dreams & Metaphors ONLINE	30	1.25
2/16/2026 - 3/29/2026		
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
HY 585-OL Medical Imagery ONLINE	30	1.5
12/1/2025 - 1/11/2026		
3/30/2026 - 5/3/2026		
8/24/2026 - 9/27/2026		
LC 101-OL Foundations of Life Coaching ONLINE	30	1.75
1/12/2026 - 2/15/2026		
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
TOTAL	350	17.25

CERTIFICATE/SPECIALTY

Health & Wellness Coach *Online*

200 Hours • 10.25 Credits



Life Coach *Online*

100 Hours • 5.00 Credits

This 200-hour online Certificate of excellence is designed for individuals who want to help others improve their overall health and wellness by facilitating tools and habits for supporting these goals long term. At the core of this program is the belief in the mind-body-spirit connection. Students will learn how to structure individual coaching sessions, maintain relationships with clients, support goal setting, and so much more! This program aligns with the standards of the National Board for Health and Wellness Coaching (NBHWC). At the end of this program, students who wish to take the certification exam through the NBHWC will need to complete additional requirements (e.g., completing additional logged sessions and documented work experience), as well as apply through the Medical Examiners Board. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
HC 101-OL HWC - Foundations of Wellness Coaching ONLINE	30	1.5
1/12/2026 - 2/15/2026		
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
HC 201-OL HWC - Professional Wellness Coaching and Ethics ONLINE	30	1.5
3/30/2026 - 5/3/2026		
8/24/2026 - 9/27/2026		
HC 301-OL HWC - Advanced Wellness Coaching 1 ONLINE	30	1.5
12/1/2025 - 1/11/2026		
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
HC 302-OL HWC - Advanced Wellness Coaching 2 ONLINE	30	1.5
1/12/2026 - 2/15/2026		
8/24/2026 - 9/27/2026		
HC 155-OL HWC - Anatomy of Wellness ONLINE	30	1.5
5/4/2026 - 6/7/2026		
9/28/2026 - 11/1/2026		
HC 156-OL HWC - Health Conditions ONLINE	30	1.5
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
HC 401-OL HWC -NBHWC Exam Prep ONLINE	20	1.25
2/16/2026 - 3/29/2026		
9/28/2026 - 11/1/2026		
TOTAL	200	10.25

This 100-hour online Certificate of Excellence, originally authored by Founder KC Miller and Hypnotherapy Program Director Linda Bennett, is based on the twelve Guiding Principles of Transformational Life Coaching. Life coaching is a process that helps people advance and achieve personal, professional, and spiritual goals using a variety of transformational tools and techniques. We have trained thousands of life coaches over the last thirty years and witnessed students experience the power of helping others find clarity of purpose and a bold new way of expressing themselves in the world. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
LC 101-OL Foundations of Life Coaching ONLINE	30	1.75
1/12/2026 - 2/15/2026		
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
LC 201-OL Applied Coaching Skills ONLINE	30	1.5
2/16/2026 - 3/29/2026		
7/20/2026 - 8/23/2026		
LC 301-OL Life Coaching Practice & Ethics ONLINE	40	1.75
3/30/2026 - 5/3/2026		
8/24/2026 - 9/27/2026		
TOTAL:	100	5.00

Healing Botanicals & Earth Ceremonies Facilitator *Online*

100 Hours • 5.00 Credits

This 100-hour online Certificate of Excellence explores the ceremonies that connect us with the Earth and all her inhabitants. Invite in the energy of plants through preparation, intention, and ritual. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
BE 101-OL Earth Ceremonies ONLINE	30	1.50
1/12/2026 - 2/15/2026		
5/4/2026 - 6/7/2026		
9/28/2026 - 11/1/2026		
BE 201-OL Healing Botanicals I ONLINE	30	1.50
1/12/2026 - 2/15/2026		
2/16/2026 - 3/29/2026		
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
BE 301-OL Healing Botanicals II ONLINE	40	2.00
2/16/2026 - 3/29/2026		
3/30/2026 - 5/3/2026		
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
TOTAL:	100	5.00



Are you being 'called' to serve?
Call to speak to one of our Admissions Coaches
480-994-9244 or visit us at www.swiha.edu

I Am Yoga Nidra™ Facilitator

100 Hours • 5.25 Credits *Online*



End-of-Life Doula *Online*

100 Hours • 5.25 Credits

Yoga Nidra is an ancient technique that enables the body and mind to achieve a state of deep relaxation, aiming to align the conscious mind with the subconscious and unconscious. Essentially, while the body rests as if in sleep, the mind is guided to a state between sleep and wakefulness to receive positive instructions from a facilitator. These instructions are designed to foster mental healing through unconscious visualization, pranic healing through the flow of light and energy within the body, and to enhance willpower and resilience. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Yoga Nidra I: Immersion ONLINE

YO 410-OL Class Hours: 30.00 Credits: 2.00

Translated as "yogic sleep" Yoga Nidra enables practitioners to reach profoundly deep states of consciousness. Learn how yoga nidra takes you to subtle realms where karmic patterns that are solid and difficult to change in the waking state are more fluid and easy to shift in the meditative sleep state. Learn about the aura the koshas and how yoga nidra is designed to take you to the subtlest sheath where karmic impressions are held. Supply Fee: \$100.

2/16/2026 - 3/29/2026

3/30/2026 - 5/3/2026

6/8/2026 - 7/19/2026

8/24/2026 - 9/27/2026

11/2/2026 - 12/13/2026

\$600.00

Yoga Nidra II: Working with Clients

YO 415-OL Class Hours: 30.00 Credits: 2.00

Learn the secrets of each of the yoga nidra practices their benefits precautions and areas of proven efficacy from both the eastern and western perspective. Using exclusive modularized yoga nidra cards quickly and easily shape your own yoga nidra sessions for students clients friends or family regardless of age or physical capability. Pre-Req: YO 410-OL

Text: \$20

12/1/2025 - 1/11/2026

3/30/2026 - 5/3/2026

5/4/2026 - 6/7/2026

7/20/2026 - 8/23/2026

9/28/2026 - 11/1/2026

\$600.00

Yoga Nidra III: Advanced Applications

YO 420-OL Class Hours: 40.00 Credits: 2.00

Learn how to use Yoga Nidra protocols to aid those seeking emotional integration and solutions for stress PTSD addiction anxiety depression insomnia and other forms of energetic blockages. We will survey the latest scientific research as it relates to Yoga Nidra. Pre-Req: YO 415-OL

1/12/2026 - 2/15/2026

5/4/2026 - 6/7/2026

6/8/2026 - 7/19/2026

8/24/2026 - 9/27/2026

11/2/2026 - 12/13/2026

\$800.00

This 100-hour online Certificate of Excellence explores the last great mystery of life – death. No matter how much we deny, fear, or try to avoid the inevitable, death eventually comes to us all. We will discuss spiritual beliefs about life death and the afterlife. During this series of courses, you may confront your own feelings about death and dying and determine what dying well means for you personally. You'll learn to support others through the grieving process and conduct rituals and ceremonies for honoring the end of life. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
DD 101-OL Death Dying & Afterlife ONLINE	30	1.75
12/1/2025 - 1/11/2026		
5/4/2026 - 6/7/2026		
9/28/2026 - 11/1/2026		
DD 201-OL Life Review & Processing Grief	30	1.5
1/12/2026 - 2/15/2026		
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
DD 301-OL End of Life Rituals & Ceremonies	40	2
2/16/2026 - 3/29/2026		
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
TOTAL	100	5.25

Toe Reading - Soul Coach

Personal Development *Online*

Toe Reading -Soul Coaching ONLINE

RF 171-OL Class Hours: 30 Credits: 1.5

In reflexology the toes reveal personality destiny struggle and strength. In this course you will learn to use your observation and assessment of the toes in a way that allows you to communicate at a soul level with your client. Use penetrating soul coaching questions to facilitate deeper self-awareness in such a way as to help shift your client's perception of how they are and how they can be. NO PREREQ Supply fee: \$10

(CEU-NCBTMB)

12/1/2025 - 1/11/2026

2/16/2026 - 3/29/2026

5/4/2026 - 6/7/2026

7/20/2026 - 8/23/2026

9/28/2026 - 11/01/2026

\$600.00

CEU



New!

Yoga Nidra Facilitator
Certificate Online

ON CAMPUS WELLNESS PROGRAMS

DIPLOMA | On-Campus

750 Classroom Hours
71-75 Calendar Weeks

Integrative Healing Arts Practitioner

Our on-campus Integrative Healing Arts Practitioner (IHAP) diploma is designed to provide a comprehensive education in mind-body-spirit integration while reflecting the changing trends of the wellness and healthcare industry. Develop the skills necessary to launch your career as a holistic entrepreneur while building a sustainable, profitable private practice. After the required core classes, you will have the opportunity to choose a coaching focus as well as a specialty focus (options found below).

Required Classes	Course Code	Clock Hours	Credits
	HOLISTIC ENTREPRENEUR COURSES		
	BC 530 Introduction to Entrepreneurship & Self-Empowerment	15	1.00
	BC 540 Business Development and Entrepreneurial Support	40	2.25
	BC 542 Applied Entrepreneurship	45	3.00
	BC 543 Business in Action	20	1.00
	Subtotal	120	7.25
	IHAP Core Courses		
	TC 630 Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00
	TC 610 Heart Centered Leadership	20	1.25
Option 1	TC 120 Coaching the Hero Within	24	1.50
	CC 131 Psychology of Addiction - Understanding the Shadow	32	2.00
	TC 150 Building Resiliency and Stress Management	24	1.50
	Subtotal	130	8.25

SELECT A COACHING FOCUS:

Option 2	LIFE COACHING		
	Introduction to Life Coaching	20	1.25
	Life Coaching - Heart Centered Approach Part 1	40	1.75
	Life Coaching - Heart Centered Approach Part 2	40	2.00
	Subtotal	100	5.00
	INTUITIVE GUIDANCE & COACHING		
	Introduction to Life Coaching	20	1.25
	Introduction to Intuitive Guidance	12	1.00
	Angels and Guides	24	1.25
	Intuitive Guidance - Practical Applications	24	1.25
	Business of Intuitive Guidance	20	1.25
	Subtotal	100	6.00

SELECT A SPECIALTY FOCUS:

Option 3	END-OF-LIFE DOULA FOCUS		
	End-of-Life Doula	100	5.25
	Hypnotherapy (or Yoga Nidra)	100	4.75
	Reiki - (Traditional or Shamanic)	100	3.00
	Elective (Suggested: Aromatherapy)	100	Varies
	Subtotal	400	13.00
Option 4	TRANSFORMATION FOCUS		
	Polarity - Associate Practitioner or Cranial Unwinding	200	9.00
	Reiki - (Traditional or Shamanic)	100	3.00
	Electives	100	Varies
	Subtotal	400	12.00
Option 5	YOGA FOCUS		
	Yoga Teacher Training	200	6.25
	Yoga Nidra	100	4.50
	Electives	100	Varies
	Subtotal	400	10.75
Option 6	HYPNOTHERAPY FOCUS		
	Hypnotherapy	100	4.75
	Hypnotherapy - Advanced Techniques	30	0.75
	Hypnotherapy - Fears, Phobias & Addictions	20	1.00
	Hypnotherapy - Past Life Regression	30	1.00
	Hypnotherapy - Dreams & Metaphors	30	1.00
	Hypnotherapy - Certification Prep	10	0.50
	Electives	180	Varies
	Subtotal	400	9.00



Electives

SPECIALTY/ELECTIVE OPTIONS

Aromatherapy	100	5.50
Cranial Unwinding	200	8.50
End-of-Life Doula	100	5.25
Intuitive Guide	100	4.75
Applied Holistic Nutrition & Whole Foods Culinary I	40	2.25
Applied Holistic Nutrition & Whole Foods Culinary II	30	1.25
Mindful Eating & Nutrition Wellness Coaching	30	1.25
Hypnotherapy	100	4.75
Health and Wellness Coach (Hybrid)	200	9.25
Life Coaching	100	5.00
Polarity - Associate Polarity Practitioner	200	9.00
Reflexology	120	4.50
Reiki - (Traditional or Shamanic)	100	3.00
Shamanic Principles and Pathways	100	3.00
Urban Farming	100	5.50
Yoga Teacher Training	200	6.25
Yoga - Body Psychology	100	4.50
Yoga Nidra	100	4.50
Subtotal	400	13.50

Start Dates:

1/12/26

5/04/26

9/14/26

Mind-Body Wellness Practitioner

600 Classroom Hours • 52 Calendar Weeks

This 600-hour on campus diploma program is designed for the aspiring holistic entrepreneur and can be customized with Certificate of Excellence choices that most resonate with your passion, such as: Wellness Coaching, Hypnotherapy, Holistic Nutrition, Yoga, or bodywork modalities. This program will teach students how to use an integrated approach to helping others improve their health and wellness through proven holistic methods, professional coaching practices, and clarity of intention. In addition, business courses are included which instruct students in creating a business plan to put their education to work and their dreams in action.

Required Classes	Code	Course	Clock Hours	Credit Hours	Specialties	*Please see advisor for list of available elective choices that will complement your chosen focus. Below are optional specialties.				
	HY 101	Hypnotherapy - Foundations Level I	20	1.25		AR	Aromatherapy	100	5.50	
	LC 111	Introduction to Life Coaching	20	1.25		CRA	Cranial Unwinding	200	8.50	
	HN 600	Applied Holistic Nutrition & Whole Foods Culinary I	40	2.25		IG	Intuitive Guide	100	4.75	
	BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00		HN	Applied Holistic Nutrition & Whole Foods Culinary II	30	1.25	
	BC 540	Business Development & Entrepreneurial Support	40	2.25		HN	Mindful Eating & Nutrition Wellness Coaching	30	1.25	
	BC 542	Applied Entrepreneurship	45	3.00		HY	Hypnotherapy	100	4.75	
	MIND-BODY WELLNESS CORE COURSES SUBTOTAL			180		11.00	HY	Hypnotherapy - Advanced Techniques	30	0.75
	SELECT A FOCUS						HY	Hypnotherapy - Fears, Phobias & Addictions	20	1.00
	COACHING FOCUS						HY	Hypnotherapy - Past Life Regression	30	1.00
Option 1	Life Coaching (or Intuitive Guide)	100	9.25	HY	Hypnotherapy - Dreams & Metaphors	30	1.00			
	Hypnotherapy (or Yoga Nidra)	100	4.75	HY	Hypnotherapy - Certification Prep	10	0.50			
	Electives & Specialties (see options below)	220	Varies	HWC	Health & Wellness Coach	200	9.25			
	Subtotal	420	14.00	LC	Life Coaching	80	3.50			
						POLAPP	Polarity - Associate Polarity Practitioner	200	9.00	
Option 2	YOGA FOCUS					RF	Reflexology	120	4.50	
	Yoga Teacher Training	200	6.25	RE	Reiki	100	3.00			
	Electives & Specialties (see options below)	220	Varies	UF	Urban Farming	100	5.50			
	Subtotal	420	6.25	YO	Yoga Teacher Training	200	6.25			
						YO-N	Yoga Nidra	100	4.50	
						YO-BP	Yoga Body Psychology	100	4.50	
Option 3	TRANSFORMATION FOCUS									
	Reiki - (Traditional or Shamanic)	100	3.00							
	Intuitive Guide	100	4.75							
	Electives & Specialties (see options below)	220	Varies							
	Subtotal	420	7.75							
						Start Dates:				
						1/12/26				
						5/04/26				

Start Dates:

1/12/26

5/04/26

9/14/26



Returning Home to the Self: Marleigh Brown's Integrative Healing Journey

Before discovering Southwest Institute of Healing Arts (SWIHA), Marleigh Brown had already embarked on a deep personal healing journey—yet something was missing. She had gained insights and clarity on her own, however, she found herself craving structure, community, and a deeper sense of direction. “I knew I wanted to create space for others to feel safe, seen, and supported in their own healing journeys,” she reflects. That longing led her to SWIHA’s Integrative Healing Arts Practitioner (IHAP) program, with specializations in Advanced Professional Hypnotherapy and Life Coaching. Marleigh was drawn to integrative healing because of its holistic approach—honoring the mind, body, spirit, and energy as interconnected parts of the whole. “We carry so much more than what’s on the surface,” she says. Hypnotherapy became a powerful modality for her, helping clients access their subconscious minds with gentle yet profound results. “It’s not about fixing anyone,” she explains. “It’s about creating space for remembering, reconnecting, and returning to what already lives within them.”

Life coaching became a natural companion to her hypnotherapy work. It offered her tools to walk alongside others with presence and intention, holding space with curiosity and compassion. “Asking the right questions can open up so much clarity,” she shares. “These tools have transformed not only my clients’ lives, it has transformed my own as well.”

Since completing her training at SWIHA, Marleigh’s life has shifted dramatically. “Before, I felt like I was floating,” she shares. “I wanted to do something meaningful, yet I wasn’t sure how to fully trust myself.” Through her studies, she began learning how to offer herself the same compassion and presence she offers her clients—how to create internal safety, use her voice, and show up more honestly and wholeheartedly. “SWIHA didn’t fix everything,” she notes, “it gave me the tools and support I needed to become a more authentic version of myself.”

Now, Marleigh channels her training into her business, Illuminar, a soul-centered practice offering a range of integrative services. Her offerings include hypnotherapy, guided imagery, personalized meditations, and intention-setting sessions. She also provides support for preparation and integration, helping clients turn their insights into lasting transformation. “My work is about guiding people back home to themselves,” she says.

Professional Massage Practitioner

Therapeutic Track

750 Classroom Hours • 48 Calendar Weeks

Ayurvedic Bodywork Track

This 750-hour on campus program is designed for those who are seeking a career as a professional massage therapist. This program exceeds the 700-hour license requirement in Arizona with a focus on developing a therapeutic approach including trigger point, medical massage, and some spa courses. Students will learn the entrepreneurial skills necessary to start their own practice as well. As with all of our massage programs, students will have the unique opportunity to spend supervised time in our Massage Clinic to get hands-on practice with real clients.

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 304	Business Practices for Massage Therapists	20	1.25
MT 540	Comprehensive CPR	5	0.25
BC 301	Ethics for Massage Therapists	8	0.50
MT 520	First Aid	7	0.25
MT 151	Kinesiology - Anatomical Applications	36	2.25
SC 415	Pathology - BW	40	2.50
MT 500	Physiology	60	4.00
PC 100	Polarity - Basic 1	20	1.00
CC 105	Trauma Informed Communication	32	2.00
BC 441	Resiliency and Self-Care for Massage	7	0.50
BC 110	SOAP Notes	6	0.25
MESSAGE CORE COURSES SUBTOTAL		301	18.75
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
TE 220	Deep Tissue Sculpting	24	0.75
MT 400	Myotherapy - 7 Step Release System	40	1.25
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
EV 003	Massage Clinic Orientation	-	-
MT 993 (abc)	Massage Clinic -- Superv. Block I, II, III	69	1.50
MESSAGE HANDS-ON CORE COURSES SUBTOTAL		213	6.50
AR 100	Aromatherapy - Intro	20	1.25
EC 700	Reiki I - Traditional	16	0.50
TE 146	Breast Health - Intro	8	0.25
TE 260	Fibromyalgia Therapy	16	0.50
TE 302	Elder Touch - Medical	16	0.50
TE 340	Lymphatic Massage	16	0.50
TE 402	Medical Massage for Cancer Survivors	16	0.75
TE 225	Rotator Cuff/Shoulder Joint	8	0.25
TE 160	Carpal Tunnel/Thoracic Outlet Release	8	0.25
TE 320	Lower Back Pain Release	8	0.25
TE 380	Neck Release	8	0.25
TE 600	Rock & Unlock	12	0.25
TE 650	Sports Massage - Intro	8	0.25
TE 662	Hydrotherapy / Injury Management	20	0.75
TE 690	Trigger Point	16	0.50
TE 364	Massage Sideline w/Deep Listening	16	0.50
EC 146	SpaLomi Massage	24	0.75
Massage Classes		236	8.50
TOTAL		750	33.75

The Ayurvedic Bodyworker Program integrates SWIHA's passion for natural, holistic health and the ancient system of Ayurveda with its contemporary counterparts Polarity Therapy and Massage Therapy. Ayurveda meaning "Knowledge of Life" is an ancient natural system of medicine from India which has been practiced for over 3,000 years. Ayurveda is based on an idea that health or disease is an expression of the balance between consciousness and the body - the first truly holistic health model. Combining Ayurveda, Polarity Therapy, and the core of our Therapeutic Massage program creates a highly skilled therapeutic practitioner that can work with a very diverse body of clients. Our Ayurvedic Bodyworkers are uniquely equipped to work as both a Licensed Massage Therapist with existing healthcare providers and spas, as well as have the opportunity to develop a private Ayurvedic Bodyworker practice. Graduates of the Ayurvedic Bodyworker program will be a Licensed Massage Therapist.

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 304	Business Practices for Massage Therapists	20	1.25
MT 540	Comprehensive CPR	5	0.25
BC 301	Ethics for Massage Therapists	8	0.50
MT 520	First Aid	7	0.25
MT 151	Kinesiology - Anatomical Applications	36	2.25
SC 415	Pathology - BW	40	2.50
MT 500	Physiology	60	4.00
PC 100	Polarity - Basic 1	20	1.00
PC 400	Polarity Communications, Resonance & Relations 1	32	2.00
BC 441	Resiliency and Self-Care for Massage	7	0.50
BC 110	SOAP Notes	6	0.25
MESSAGE CORE COURSES SUBTOTAL		301	18.75
MESSAGE HANDS-ON CORE COURSES			
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
TE 220	Deep Tissue Sculpting	24	0.75
MT 400	Myotherapy - 7 Step Release System	40	1.25
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
OE 320	Hand & Wrist Health Maintenance	4	0.25
TE 364	Massage Sideline w/Deep Listening	16	0.50
EV 003	Massage Clinic Orientation	-	-
MT 993 (abc)	Massage Clinic - Superv. Block I, II, III	69	1.50
AYURVEDIC BODYWORK TRACK SUBTOTAL		233	7.25
EC 700	Reiki I - Traditional	16	0.50
EC 711	Reiki II - Traditional	16	0.50
EC 720	Reiki III- Traditional	8	0.25
PC 860	Cranial Unwinding II	24	1.00
PC 870	Cranial Unwinding III	24	1.00
PC 150	Polarity - Basic II (Ayurvedic Element)	48	2.25
PC 200	Polarity APP/Cranial - Practicum	30	1.25
PC 960	Polarity - Session Given	30	0.50
AYURVEDIC BODYWORK TRACK COURSES		216	8.25
TOTAL		750	34.25

Start Dates:

AM

PM

1/12/26 1/26/26

3/16/26 4/13/26

6/1/26 7/6/26



Specialty Clinics

For Cranial, Hypno, Yoga Nidra, and Polarity clinic dates, times and to book an appointment:

Call: 480-994-9244 or visit our website: www.swiha.edu

Master Massage Practitioner

Therapeutic Track

1000 Classroom Hours • 62 Calendar Weeks

Ayurvedic Bodywork Track

This 1000-hour on campus diploma program is an extension of the 750-hour program designed to exceed the requirements for massage therapy training in other states. This program contains all of the core competencies required of a classically trained massage therapist, plus additional hours of training in two or more primary specialty areas in which the student is personally drawn to and feels called to develop. Upon completion of this program, graduates will be prepared for a wide array of employment opportunities, or they might choose to begin their own practice. As with all of our massage programs, students will have the unique opportunity to spend supervised time in our Massage Clinic to get hands-on practice with real clients.

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 110	SOAP Notes	6	0.25
MT 500	Physiology	60	4.00
MT 151	Kinesiology - Anatomical Applications	36	2.25
BC 304	Business Practices for Massage Therapists	20	1.25
MT 521	First Aid	7	0.25
MT 540	Comprehensive CPR	5	0.25
PC 100	Polarity - Basic 1	20	1.00
CC 105	Trauma Informed Communication	32	2.00
BC 301	Ethics for Massage Therapists	8	0.50
BC 441	Resiliency and Self Care for Massage Therapist	7	0.50
SC 415	Pathology - BW	40	2.50
MESSAGE CORE COURSES SUBTOTAL		301	18.75
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
MT 400	Myotherapy - 7 Step Release System	40	1.25
TE 220	Deep Tissue Sculpting	24	0.75
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
EV 003	Massage Clinic Orientation	-	-
MT 993 (abcd)	Massage Clinic Superv. Block I, II, III, IV	92	0.50
MESSAGE CORE HANDS-ON COURSES SUBTOTAL		236	7.00

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 110	SOAP Notes	6	0.25
MT 500	Physiology	60	4.00
MT 151	Kinesiology - Anatomical Applications	36	2.25
BC 304	Business Practices for Massage Therapists	20	1.25
MT 520	First Aid	7	0.25
MT 540	Comprehensive CPR	5	0.25
PC 100	Polarity - Basic 1	20	1.00
PC 400	Polarity Communications, Resonance & Relations I	32	2.00
BC 301	Ethics for Massage Therapists	8	0.50
BC 441	Resiliency and Self Care for Massage Therapist	7	0.50
SC 415	Pathology - BW	40	2.50
MESSAGE CORE COURSES SUBTOTAL		301	18.75
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
MT 400	Myotherapy - 7 Step Release System	40	1.25
TE 220	Deep Tissue Sculpting	24	0.75
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
OE 320	Hand and Wrist Maintenance	4	0.75
TE 364	Massage Sideline w/Deep Listening	16	0.50
EV 003	Massage Clinic Orientation	-	-
MT 993 (abcd)	Massage Clinic Superv. Block I, II, III, IV	92	0.50
MESSAGE CORE HANDS-ON COURSES SUBTOTAL		256	7.75

Available Options

THERAPEUTIC MESSAGE TRACK			
AR 100	Aromatherapy - Intro	20	1.25
EC 146	SpaLomi Massage	24	0.75
EC 700	Reiki I - Traditional	16	0.50
TE 146	Breast Health - Intro	8	0.25
TE 160	Carpal Tunnel/Thoracic Outlet Release	8	0.25
TE 260	Fibromyalgia Therapy	16	0.50
TE 225	Rotator Cuff/Shoulder Joint	8	0.25
TE 302	Elder Touch - Medical	16	0.50
TE 320	Lower Back Pain Release	8	0.25
TE 340	Lymphatic Massage	16	0.50
TE 364	Massage Sideline w/Deep Listening	16	0.50
TE 402	Medical Massage for Cancer Survivors	16	0.75
TE 380	Neck Release	8	0.2
TE 600	Rock & Unlock	12	0.25
TE 650	Sports Massage - Intro	8	0.25
TE 662	Hydrotherapy / Injury Management	20	0.75
TE 690	Trigger Point	16	0.50
THERAPEUTIC TRACK SUBTOTAL		236	8.50
CHOOSE A COMBINATION OF SPECIALTIES TO TOTAL 227 HOURS			
AR	Aromatherapy	80	4.25
CRA	Cranial Unwinding	180	7.50
HY	Hypnotherapy	100	4.75
MEDM	Medical Massage	16	1.00
POL-APP	Polarity - Associate Polarity Practitioner	160	7.00
RF	Reflexology	100	3.75
RE	Reiki	84	2.50
YO	Yoga Teacher Training	200	6.25
YO- BP	Yoga - Body Psychology	100	4.50
YO-N	Yoga Nidra	100	4.50
EL 220	Face Lift Acupressure	4	0.25
MT 301	Corporate Chair Introduction	8	0.25
MT 604	Advanced Lymphatic Massage	8	0.25
OE 640	Thai Foot Massage	20	0.25
OE 620	Thai Massage	40	1.25
TE 142	Scar Tissue	8	0.25
SPECIALTIES SUBTOTAL		227	Varies
PROGRAM TOTAL		1000	

Available Options

AYURVEDIC BODYWORK TRACK			
PC 700	Polarity - Reflexology	20	1.00
EC 700	Reiki I - Traditional	16	0.50
EC 711	Reiki II - Traditional	16	0.50
EC 720	Reiki III - Traditional	8	0.25
PC 860	Cranial Unwinding II	24	1.00
PC 870	Cranial Unwinding III	24	1.00
PC 150	Polarity - Basic II (Ayurvedic Elements)	48	2.25
PC 960	Polarity - Clinic	30	0.50
PC 200	Polarity APP/Cranial - Practicum	30	1.25
AYURVEDIC BODYWORK TRACK SUBTOTAL		216	8.25
CHOOSE A COMBINATION OF SPECIALTIES TO TOTAL 227 HOURS			
AR	Aromatherapy	100	5.50
CRA	Cranial Unwinding	70	2.25
HY	Hypnotherapy	100	4.75
MEDM	Medical Massage	84	3.00
MYO	Myotherapy	60	1.75
RF	Reflexology	100	3.75
RE	Reiki	84	2.50
YO	Yoga Teacher Training	200	6.25
YO- BP	Yoga Body Psychology	100	4.50
YO-N	Yoga Nidra	100	4.50
EL 220	Face Lift Acupressure	4	0.25
MT 301	Corporate Chair	8	0.25
MT 604	Advanced Lymphatic Massage	8	0.25
MT 605	Neurotouch	20	1.00
OE 620	Thai Massage	40	1.25
OE 640	Thai Foot Massage	20	0.50
RF 202	Reflexology - Pathology & Assessment	20	0.75
RF 203	Reflexology - Emotional Balance & Being	20	0.75
TE 142	Scar Tissue	8	0.25
TE 662	Hydrotherapy/Injury Management	20	0.75
SPECIALTIES SUBTOTAL		227	Varies
PROGRAM TOTAL		1000	

Are you being 'called' to serve?
Call to speak to one of our Admissions Coaches
480-994-9244 or visit us at www.swiha.edu

Western Herbalism

745 Classroom Hours • 67 Calendar Weeks

This 745-hour on campus program is a career-oriented course of study which provides students with opportunities to experience every aspect of plant medicine, from seed to sale. By enhancing students' connection with the earth spiritually and energetically and taking a phyto chemical, science-focused perspective, students will learn theories of remedy formulation and learn to make herbal medicines. This course includes such activities as desert hikes; retail, museum, herbarium, and library visits; guest lectures; independent research; guided client analysis; and training in public speaking. Our current graduates are serving as herbal remedy producers, guides for plant exploration hikes, teachers of herbal agriculture, herbal food chefs, retail store owners, cultivators, herbal authors, and much more.

Start Date: TBD 2026

Required Classes

Code	Course	Clock Hours	Credit Hours
SC 250	Botany	45	3.00
BC 540	Business Development & Entrepreneurial Support	40	2.25
HN 600	Applied Holistic Nutrition & Whole Foods Culinary I	40	2.50
SC 240	Herbal Sciences	62	4.00
CC 440	Western Herbalism - Applied Ethics	15	1.00
CC 450	Conscious Living and Urban Farming	30	2.00
BC 542	Applied Entrepreneurship	45	3.00
WH 100	Western Herbalism - Breaking Ground: Foundations of American Herbal Studies	30	2.00
WH 210	Western Herbalism - Sect A - Sowing	45	2.50
WH 220	Western Herbalism - Sect B - Germination	45	2.50
WH 230	Western Herbalism - Sect C - Growth	45	2.50
WH 240	Western Herbalism - Sect D - Harvest	45	2.50
WH 275	Western Herbalism - Herbal Flowers	16	1.00
WH 280	Western Herbalism - Herbal Bio Arts		
	Clinic Preparations	45	3.00
WH 305	Western Herbalism - Practicum	60	1.25
WH 377	Western Herbalism - Formulary Practicum	18	0.75
WH 360	Western Herbalism - Internship/Externship		
	Awakening	49	1.00
WH 256	Western Herbalism - The Green Man	12	0.75
WH 365	Western Herbalism - Manufacturing & Remedy Production	14	0.50
WH 265	Western Herbalism - The Herbal Goddess	18	1.00
WH 276	Western Herbalism - Plants and People	10	0.25
WH 291	Western Herbalism - Desert Medicines	8	0.25
WH 250	Western Herbalism - Herbs for Babies & Children	8	0.50
TOTAL		745	40.00

Holistic Herbal Remedies

100 hours

This certificate offers introductory herbalism training and a well-rounded overview of the essentials of herbalism for your own personal development! You will be introduced to the awe-inspiring world of plants and, most importantly, learn an appreciation for this kingdom and a sense of stewardship for our earth companions. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
WH 100 Western Herbalism - Foundations of American Herbal Studies	30	2
TBD W 5:30pm-8:30pm		
WH 265 Western Herbalism - The Herbal Goddess	18	1
1/7/2026 - 2/11/2026 W 5:30pm-8:30pm		
WH 256 Western Herbalism - The Green Man	12	0.75
3/25/2026 - 4/15/2026 W 5:30pm-8:30pm		
WH 291 Western Herbalism - Desert Medicine	8	0.25
3/18/2026 - 3/28/2026 W 5:30pm-8:30pm and Sa 9am-2pm		
WH 250 Western Herbalism - Herbs for Babies & Children	8	0.5
2/18/2026 - 3/4/2026 W 5:30pm-8:30pm		
WH 365 Western Herbalism - Manufacturing & Remedy Production	14	0.5
4/22/2026 - 5/6/2026 W 5:30pm-8:30pm and varies		
WH 276 Western Herbalism - Plants and People	10	0.25
5/13/2026 - 6/3/2026 W 5:30pm-8pm		
TOTAL	100	5.25



Shannon Stapleton

Program Director

Born a plant lover, Shannon spent her childhood mashing up twigs and berries to make "potions"—a fitting start to a life shaped by herbalism. With years of hands-on experience in wildcrafting, formulation and running an apothecary, Shannon now directs the very herbal program she graduated from. Doing what she loves the most—teaching about plants and mentoring budding herbalists. With nearly 15 years of study, Shannon believes plants are more than medicine—they're our teachers, helping us reconnect with the Earth. Her goal as the director is to inspire future herbalists to walk this path with integrity, as stewards of the Earth, integrating the wisdom of this ancient art in a way that heals not only people, but the planet.

Aromatherapy

100 Hours • 5.50-6.25 Credits

In this 100-hour on campus Certificate of Excellence, students will learn how to work with essential oils (which can often be used in combination with other holistic therapies, such as massage or energy work) for the purpose of improving physical, psychological, and emotional well-being. "Essential oils" refer to liquids extracted and distilled—most frequently by steam or water—from the leaves, stems, flowers, bark, roots, or other elements of a plant. Students will enjoy studying the properties of various essential oils, including the differences between true and synthetic substances, methods of extraction, appropriate applications, and how to correctly blend selected oils for desired outcomes. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
AR 100 Aromatherapy - Intro	20	1.25
1/9/2026 - 1/11/2026	F 6pm-10 pm Sa/Su 9am-6pm	
4/30/2026 - 5/28/2026	Th 9am-1pm	
5/15/2026 - 5/17/2026	F 6pm-10 pm Sa/Su 9am-6pm	
9/18/2026 - 9/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
AR 101 Aromatherapy-Advanced	32	2
7/18/2026 - 8/16/2026	Sa/Su 9am-6pm	
AR 106 Aromatherapy for the Spirit	20	1.25
6/12/2026 - 6/14/2026	F 6pm-10 pm Sa/Su 9am-6pm	
AR 110 Aromatherapy - Pharmacology	8	0.5
7/17/2026 - 8/14/2026	Fri 6pm-10pm	
CHOOSE 20 HOURS OF ELECTIVES		
AR 109 Aromatherapy - Ginger Compress	4	0.25
3/14/2026 - 3/14/2026	Sa 2pm-6pm	
7/11/2026 - 7/11/2026	Sa 2pm-6pm	
10/31/2026 - 10/31/2026	Sa 2pm-6pm	
AR 222 Aromatherapy for Holistic Wellness	12	0.50
4/18/2026 - 4/19/2026	Sa/Su 9am-4pm	
8/22/2026 - 8/23/2026	Sa/Su 9am-4pm	
AR 115 Aromatherapy - Foot Chakra Reflexology for Bodyworkers	8	0.25
1/17/2026 - 1/17/2026	Sa 9am-6pm	
6/21/2026 - 6/21/2026	Su 9am-6pm	
AR 117 Aromatherapy - Pet Care	4	0.25
6/6/2026 - 6/6/2026	Sa 2pm-6pm	
AR 120 Aromatherapy - Therapeutic Touch	8	0.25
1/18/2026 - 1/18/2026	Su 9am-6pm	
6/20/2026 - 6/20/2026	Sa 9am-6pm	
11/7/2026 - 11/7/2026	Su 9am-6pm	
AR 125 Aromatherapy - Essential Oil Hydrating Wrap	8	0.25
1/24/2026 - 1/24/2026	Sa 9am-6pm	
7/12/2026 - 7/12/2026	Su 9am-6pm	
AR 132 Flower Essences	16	1
10/3/2026 - 10/4/2026	Sa/Su 9am-6pm	
AR 300 Aromatherapy - Toning & Detox	4	0.25
3/14/2026 - 3/14/2026	Sa 9a-1pm	
7/11/2026 - 7/11/2026	Sa 9a-1pm	
10/31/2026 - 10/31/2026	Sa 9a-1pm	
AR 425 Aromatherapy - Massage with Oils	16	0.5
7/25/2026 - 7/26/2026	Sa/Su 9am-6pm	
TOTAL	100	5.5-6.25

Cranial Unwinding

200 Hours • 8.50 Credits

Cranial Unwinding is a hands-on technique designed to teach practitioners how to use subtle palpatory skills to read the story of the body, identify places where issues are held, and follow the natural priorities for healing as directed by the physiology of the client. Learn to maintain healthy boundaries, honor the client's innate healing process, and create a relationship that is non-invasive and client-centered. Upon completion, students receive a Certificate of Excellence acknowledging that they have met a basic competency in classical, contemporary, and esoteric craniosacral techniques. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
PC 850 Cranial Unwinding I	20	1
11/21/2025 - 11/23/2025	F 6pm-10 pm Sa/Su 9am-6pm	
2/13/2026 - 2/15/2026	F 6pm-10 pm Sa/Su 9am-6pm	
3/19/2026 - 4/16/2026	Th 9am-1pm	
5/15/2026 - 5/17/2026	F 6pm-10 pm Sa/Su 9am-6pm	
6/4/2026 - 7/9/2026	Th 9am-1pm	
7/24/2026 - 7/26/2026	F 6pm-10 pm Sa/Su 9am-6pm	
8/27/2026 - 9/24/2026	Th 9am-1pm	
10/23/2026 - 10/25/2026	F 6pm-10 pm Sa/Su 9am-6pm	
11/12/2026 - 12/17/2026	Th 9am-1pm	
PC 860 Cranial Unwinding II	24	1
6/26/2026 - 6/28/2026	Fri-Su 9am-6pm	
10/30/2026 - 11/1/2026	Fri-Su 9am-6pm	
PC 870 Cranial Unwinding III	24	1
1/23/2026 - 1/25/2026	Fri-Su 9am-6pm	
8/14/2026 - 8/16/2026	Fri-Su 9am-6pm	
PC 880 Cranial Unwinding IV	24	1
4/10/2026 - 4/12/2026	Fri-Su 9am-6pm	
9/18/2026 - 9/20/2026	Fri-Su 9am-6pm	
PC 855 Cranial Anatomy - Listening Skills	16	0.75
7/11/2026 - 7/12/2026	Sa/Su 9am-6pm	
10/17/2026 - 10/18/2026	Sa/Su 9am-6pm	
PC 961 Cranial Unwinding - Clinic	30	0.5
5/9/2026 - 5/17/2026	Sa 9am-6pm Su 9am-5pm	
8/22/2026 - 8/30/2026	Sa 9am-6pm Su 9am-5pm	
12/5/2026 - 12/13/2026	Sa 9am-6pm Su 9am-5pm	
PC 400 Polarity - Communications Resonance & Relations I	32	2
2/7/2026 - 2/15/2026	Sa/Su 9am-6pm	
5/30/2026 - 6/7/2026	Sa/Su 9am-6pm	
9/26/2026 - 10/4/2026	Sa/Su 9am-6pm	
PC 200 Polarity APP/Cranial - Practicum	30	1.25
4/18/2026 - 4/26/2026	Sa/Su 9am-5:30pm	
8/1/2026 - 8/9/2026	Sa/Su 9am-5:30pm	
11/14/2026 - 11/22/2026	Sa/Su 9am-5:30pm	
TOTAL	200	8.5

To speak with an Admissions Coach
call 480-994-9244 | Info@swiha.edu



Health & Wellness Coach

200 Hours • 10.25 Credits

This 200-hour on-campus Certificate of excellence is designed for individuals who want to help others improve their overall health and wellness by teaching tools and habits for maintaining these goals long term. At the core of this program is the belief in the mind-body-spirit connection. Students will learn how to structure individual coaching sessions, maintaining relationships with clients, how to support goal setting, the basics of health and wellness, and so much more! This program aligns with the standards of the National Board for Health and Wellness Coaching (NBHWC). At the end of this program, students who wish to take the certification exam through the NBHWC will need to complete additional requirements (e.g., completing additional logged sessions and documented work experience), as well as apply through the Medical Examiners Board. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

HWC CERTIFICATE IS HYBRID ***ONLINE

Course:	Hours:	Credits:
HC 101 HWC - Foundations of Wellness Coaching	20	1.00
1/16/2026 - 1/18/2026	F 6pm-10 pm Sa/Su 9am-6pm	
5/15/2026 - 5/17/2026	F 6pm-10 pm Sa/Su 9am-6pm	
9/18/2026 - 9/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
HC 201 HWC - Professional Wellness Coaching & Ethics	40	2
1/22/2026 - 2/24/2026	Tu/Th 6pm-10pm	
5/21/2026 - 6/23/2026	Tu/Th 6pm-10pm	
9/24/2026 - 10/27/2026	Tu/Th 6pm-10pm	
HC 302 HWC - Advanced Wellness Coaching 2	30	1.5
2/26/2026 - 3/24/2026	Tu/Th 6pm-9:45pm	
6/25/2026 - 7/28/2026	Tu/Th 6pm-9:45pm	
10/29/2026 - 12/1/2026	T/Th 6pm-9:45pm	
***HC 301-OL HWC - Advanced Wellness Coaching 1 ONLINE	30	1.5
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
***HC 155-OL HWC - Anatomy of Wellness ONLINE	30	1.5
5/4/2026 - 6/7/2026		
9/28/2026 - 11/1/2026		
***HC 156-OL HWC - Health Conditions ONLINE	30	1.5
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
***HC 401-OL HWC -NBHWC Exam Prep ONLINE	20	1.25
2/16/2026 - 3/29/2026		
9/28/2026 - 11/1/2026		
TOTAL	200	10.25

Life Coaching

100 Hours • 5.00 Credits

Life coaching is a process that helps people advanced and achieve personal, professional, and spiritual goals using a variety of transformational tools and techniques. Originally authored by KC Miller and Linda Bennett, our 100-hour Certificate of Excellence Life Coaching program is based on twelve Guiding Principles of Transformational Life Coaching, including the belief that deep within each of us is a sense of inherent knowing. We have trained thousands of life coaches over the last fifteen years and witnessed students experience the power of helping others find clarity of purpose and a bold new way of expressing themselves in the world. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
LC 111 Introduction to Life Coaching	20	1.25
1/16/2026 - 1/18/2026	F 6pm-10 pm Sa/Su 9am-6pm	
5/15/2026 - 5/17/2026	F 6pm-10 pm Sa/Su 9am-6pm	
9/18/2026 - 9/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
LC 121 Life Coaching – Heart Centered Approach Part I	40	1.75
1/22/2026 - 2/24/2026	Tu/Th 6pm-10pm	
5/21/2026 - 6/23/2026	Tu/Th 6pm-10pm	
9/24/2026 - 10/27/2026	Tu/Th 6pm-10pm	
LC 131 Life Coaching – Heart Centered Approach Part II	40	2
2/26/2026 - 4/2/2026	Tu/Th 6pm-9:45pm	
6/25/2026 - 8/6/2026	Tu/Th 6pm-9:45pm	
10/29/2026 - 12/10/2026	Tu/Th 6pm-9:45pm	
TOTAL	200	10.25

On-Campus

Holistic Nutrition Classes



HN 600 Applied Holistic Nutrition & Whole Foods Culinary 1	
October 2026	Tue 6pm-10pm
HN 610 Applied Holistic Nutrition & Whole Foods Culinary 2	
1/06/2026 - 2/24/2026	Tue 6pm-9:45pm
HN 620 Mindful Eating & Nutrition Wellness Coaching	
3/03/2026 - 4/21/2026	Tue 6pm-9:45pm

Hypnotherapy

100 Hours • 4.75 Credits

This 100-hour on campus Certificate of Excellence integrates the clinical and therapeutic aspects of hypnosis with its spiritual and metaphysical components. By using guided imagery and harnessing the power of the subconscious mind, powerful healing and transformation can occur, including the alleviation of physical, emotional, and psychological problems. This program features dedicated instructor guidance, instructional videos, and discussion forums that will support your education. Our Certificate of Excellence programs are avocational. These courses/programs are designed exclusively for personal or professional development and enhancement.

Upon completion of our Hypnotherapy Training, our 100-hour certificate qualifies students for American Board of Hypnotherapists (ABH) membership or National Association of Transpersonal Hypnotherapy (NATH) membership.

Course:	Hours:	Credit:
HY 101 Hypnotherapy - Foundations Level I	20	1.25
2/20/2026 - 2/22/2026	F 6pm-10 pm Sa/Su 9am-6pm	
HY 201 Hypnotherapy - Foundations Level II	40	2.5
2/27/2026 - 3/15/2026	F 6pm-10 pm Sa/Su 9am-6pm	
HY 301 Hypnotherapy - Foundations Level III Clinic	40	1
4/17/2026 - 5/3/2026	F 6pm-10 pm Sa/Su 9am-6pm	
TOTAL:	100	4.75



Linda Bennett

Hypnotherapy Program Director

Linda has over 30 plus years of experience in the industry as a certified Clinical Hypnotherapist, Board Certified Hypnotherapy Instructor, and Certifying Examiner.

2025 - International Hypnosis Hall of Fame
 2023 - IMDHA Life Fellow in Hypnotherapy for contributions in the field of Hypnotherapy.
 2022 - NATH Life Time Achievement Award.
 2022 & 2017 - IMDHA Chapter of the year award.
 2014 - International Medical & Dental Hypnosis Association Educator of the Year.
 2011 - National Association of Transpersonal Hypnotherapists Outstanding Clinic Contribution

Advanced Hypnotherapy Elective Classes

Hypnotherapy - Advanced Techniques

HY 404 Class Hours: 30 Credits: 0.75
 6/6/2026 - 6/21/2026 Sa/Su 9am-5:30pm
 \$600.00

Hypnotherapy - Dreams & Metaphors

HY 478 Class Hours: 30 Credits: 1
 9/8/2026 - 10/27/2026 Tu 6pm-9:45pm
 \$600.00

Hypnotherapy - Fears Phobias & Addictions

HY 316 Class Hours: 20 Credits: 1
 8/7/2026 - 8/9/2026 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Hypnotherapy - Past Life Regression

HY 354 Class Hours: 30 Credits: 1
 8/29/2026 - 9/20/2026 Sa/Su 9am-5:30pm
 \$600.00

Hypnotherapy - Certification Prep

HY 600 P\$ Class Hours: 10 Credits: 0.5
 10/31/2026 - 11/7/2026 Sa 9am-2pm
 \$200.00

Hypnotherapy Advanced Specialty Classes Taught by Linda Bennett

EV 450 Hypnotherapy - Spirit Releasement 12

12/18/2025 - 12/19/2025 Fri 6pm-10pm Sa 9am-6pm
 6/26/2026 - 6/27/2026 Fri 6pm-10pm Sa 9am-6pm

EV 520 Hypnotherapy - Subconscious Intervention 20

10/16/2026 - 10/18/2026 F 6pm-10 pm Sa/Su 9am-6pm



Very prestigious award

The International Hypnosis Hall of Fame awarded to Linda Bennett at the International Medical & Dental Hypnotherapy Association Annual Conference

#SuihaTribe attended IMDHA National Conference — Norma Noriega, Carla Simone, Sherry Gilbert, Linda Bennett. Suzy Day and Julie Nguyen



End-of-Life Doula

100 Hours • 5.25 Credits

This 100-hour Certificate of Excellence explores the last great mystery of life – death. No matter how much we deny, fear, or try to avoid the inevitable, death eventually comes to us all. We will discuss spiritual beliefs about life death and the afterlife. During this series of courses, you may confront your own feelings about death and dying and determine what dying well means for you personally. You'll learn to support others through the grieving process and conduct rituals and ceremonies for honoring the end of life. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
DD 101 Death Dying & Afterlife	30	1.75
10/6/2026 - 12/1/2026 Tu 6pm-9:45pm		
DD 201 Life Review & Processing Grief	30	1.5
1/6/2026 - 2/24/2026 T 6pm-9:45pm		
DD 301 End of Life Rituals & Ceremonies	40	2
3/3/2026 - 5/5/2026 Th 6pm-10pm		
TOTAL	100	5.25



Medical Massage

100 Hours • 3.50 Credits

Traditional massage therapy is used as a means of treating painful ailments, decompressing tired or overworked muscles, reducing stress, rehabilitating sports injuries, and promoting general health. Medical Massage Therapy goes a step further by helping clients cope with the stress, anxiety, fatigue, pain, and sleeping difficulties. The medical community widely embraces this alternative form of therapy for its mind-body healing benefits and how it addresses the psychological self. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
CB 400 Mother Touch	8	0.25
1/23/2026 - 1/30/2026 Fri 9am-1pm		
5/9/2026 - 5/9/2026 Sa 9am-6pm		
10/17/2026 - 10/17/2026 Sa 9am-6pm		
TE 340 Lymphatic Massage	16	0.5
1/31/2026 - 2/1/2026 Sa/Su 9am-6pm		
4/25/2026 - 4/26/2026 Sa/Su 9am-6pm		
5/6/2026 - 5/27/2026 W 9am-1pm		
MT 604 Lymphatic Massage - Advanced	8	0.25
2/8/2026 - 2/8/2026 Su 9am-6pm		
8/2/2026 - 8/2/2026 Su 9am-6pm		
TE 142 Scar Tissue Massage	8	0.25
3/15/2026 - 3/15/2026 Su 9am-6pm		
7/26/2026 - 7/26/2026 Sa 9am-6pm		
12/6/2026 - 12/6/2026 Su 9am-6pm		
TE 146 Breast Health - Intro	8	0.5
1/5/2026 - 1/12/2026 M 6pm-10pm		
7/22/2026 - 7/29/2026 W 9am-1pm		
8/31/2026 - 9/14/2026 M 6pm-10pm		
TE 260 Fibromyalgia Therapy	16	0.5
1/21/2026 - 2/11/2026 W 9am-1pm		
3/28/2026 - 3/29/2026 Sa/Su 9am-6pm		
9/23/2026 - 10/14/2026 W 9am-1pm		
TE 740 TMJ Release	4	0.25
3/22/2026 - 3/22/2026 Su 9am-1pm		
7/26/2026 - 7/26/2026 Sa 9a-1pm		
11/8/2026 - 11/8/2026 Su 9am-1pm		
TE 302 Elder Touch - Medical	16	0.5
12/8/2025 - 1/12/2026 M 9am-1pm		
2/25/2026 - 3/18/2026 W 6pm-10pm		
8/24/2026 - 9/21/2026 M 9am-1pm		
TE 402 Medical Massage for Cancer Survivors	16	0.75
12/2/2025 - 1/6/2026 T 6pm-10pm		
2/18/2026 - 3/11/2026 W 9am-1pm		
7/16/2026 - 8/6/2026 Th 9am-1pm		
TOTAL	100	3.75

Myotherapy Therapeutic Massage Techniques

100 Hours • 3.00 Credits

This 100-hour on campus Certificate of Excellence is based on the deeply therapeutic work developed and documented by KC Miller, Founder and Director of SWIHA. This technique is taught as a framework that helps to create release and rehabilitation for the physical and emotional body by learning to move the skeleton to release trapped muscles and emotions. Some of the various benefits of Myotherapy include: improved chronic pain and dysfunction, treatment of carpal tunnel syndrome, ease of neck, back and shoulder pain, release trapped emotions, and so much more. Mastering the skills of Myotherapy, as taught at SWIHA, gives you boundless opportunities for success as a massage therapist. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
MT 400 Myotherapy - 7 Step Release System	40	1.25
3/17/2026 - 5/19/2026 Tu 9am-1pm		
4/14/2026 - 6/16/2026 Tu 6pm-10pm		
11/10/2026 - 2/2/2027 Tu 9am-1pm		
TE 160 Carpal Tunnel/Thoracic Outlet Release	8	0.25
2/23/2026 - 3/2/2026 M 9am-1pm		
6/6/2026 - 6/6/2026 Sa 9am-6pm		
9/28/2026 - 10/5/2026 M 9am-1pm		
TE 225 Rotator Cuff/Shoulder Joint	8	0.25
2/7/2026 - 2/7/2026 Sa 9am-6pm		
7/11/2026 - 7/11/2026 Sa 9am-6pm		
8/13/2026 - 8/20/2026 Th 9am-1pm		
TE 320 Lower Back Pain Release	8	0.25
3/15/2026 - 3/15/2026 Su 9am-6pm		
7/12/2026 - 7/12/2026 Su 9am-6pm		
8/12/2026 - 8/19/2026 W 9am-1pm		
TE 364 Massage Sideline w/Deep Listening	16	0.5
2/28/2026 - 3/1/2026 Sa/Su 9am-6pm		
5/30/2026 - 5/31/2026 Sa/Su 9am-6pm		
7/21/2026 - 8/11/2026 Th 9am-1pm		
7/25/2026 - 7/26/2026 Sa/Su 9am-6pm		
TE 380 Neck Release	8	0.25
2/19/2026 - 2/26/2026 Th 9am-1pm		
3/30/2026 - 4/6/2026 M 6pm-10pm		
10/24/2026 - 10/24/2026 Sa 9am-6pm		
10/29/2026 - 11/5/2026 Th 9am-1pm		
TE 600 Rock & Unlock	12	0.25
2/2/2026 - 2/16/2026 M 9am-1pm		
4/16/2026 - 4/30/2026 Th 6pm-10pm		
9/21/2026 - 10/5/2026 M 6pm-10pm		
Total	100	3.00

Polarity

Associate Polarity Practitioner

200 Hours • 9.00 Credits

Polarity addresses the interrelatedness of the mind, body and spirit and the energy fields and currents of the body. "Life Force Energy" expresses itself not only through our physical body, it also is expressed through our thoughts, feelings, relationships, and everyday experiences. Polarity serves as a key to "unlock" the life force energy through four distinct areas of technique: touch (acupressure or point-specific focusing), stretching and exercise, nutrition and healthy eating, and mental-emotional processing. Students will learn how to integrate effective hands-on techniques, facilitate dialogue with clients, nutritional guidance, and a series of self-help tools resulting in the wellness of both the practitioner and those they serve. There are many benefits of Polarity therapy such as: relief of stress and anxiety, improved sleep, immunity, flow and balance of energy through the body, increase of circulation and so much more. This practice is growing popularity as more health care professionals are successfully incorporating this therapy into their work with clients. Polarity can be a standalone practice or used to empower other modalities as well. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
PC 100 Polarity - Basic I	20	1
12/5/2025 - 12/7/2025	F 6pm-10 pm Sa/Su 9am-6pm	
2/27/2026 - 3/1/2026	F 6pm-10 pm Sa/Su 9am-6pm	
4/23/2026 - 5/21/2026	Th 9am-1pm	
6/5/2026 - 6/7/2026	F 6pm-10 pm Sa/Su 9am-6pm	
7/16/2026 - 8/13/2026	Th 9am-1pm	
8/7/2026 - 8/9/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/1/2026 - 10/29/2026	Th 9am-1pm	
PC 150 Polarity - Basic II (Ayurvedic Elements)	48	2.25
3/13/2026 - 3/22/2026	F-Su 9am-6pm	
7/17/2026 - 7/26/2026	Fri-Su 9am-6pm	
10/23/2026 - 11/1/2026	Fri-Su 9am-6pm	
PC 850 Cranial Unwinding I	20	1
2/13/2026 - 2/15/2026	F 6pm-10 pm Sa/Su 9am-6pm	
3/19/2026 - 4/16/2026	Th 9am-1pm	
5/15/2026 - 5/17/2026	F 6pm-10 pm Sa/Su 9am-6pm	
6/4/2026 - 7/9/2026	Th 9am-1pm	
7/24/2026 - 7/26/2026	F 6pm-10 pm Sa/Su 9am-6pm	
8/27/2026 - 9/24/2026	Th 9am-1pm	
10/23/2026 - 10/25/2026	F 6pm-10 pm Sa/Su 9am-6pm	
PC 400 Polarity - Communications Resonance & Relations I	32	2
2/7/2026 - 2/15/2026	Sa/Su 9am-6pm	
5/30/2026 - 6/7/2026	Sa/Su 9am-6pm	
9/26/2026 - 10/4/2026	Sa/Su 9am-6pm	
PC 700 Polarity - Reflexology for Bodyworkers	20	1
12/5/2025 - 12/7/2025	F 6pm-10 pm Sa/Su 9am-6pm	
5/1/2026 - 5/3/2026	F 6pm-10 pm Sa/Su 9am-6pm	
9/11/2026 - 9/13/2026	F 6pm-10 pm Sa/Su 9am-6pm	
11/6/2026 - 11/8/2026	F 6pm-10 pm Sa/Su 9am-6pm	
PC 200 Polarity APP/Cranial - Practicum	30	1.25
4/18/2026 - 4/26/2026	Sa/Su 9am-5:30pm	
8/1/2026 - 8/9/2026	Sa/Su 9am-5:30pm	
11/14/2026 - 11/22/2026	Sa/Su 9am-5:30pm	
PC 960 Polarity - Clinic	30	0.5
12/6/2025 - 12/14/2025	Sa 9am-6pm Su 9am-5pm	
5/9/2026 - 5/17/2026	Sa 9am-6pm Su 9am-5pm	
8/22/2026 - 8/30/2026	Sa 9am-6pm Su 9am-5pm	
12/5/2026 - 12/13/2026	Sa 9am-6pm Su 9am-5pm	
TOTAL:	200	9.0



Gary Strauss

Program Director

Gary B. Strauss, MS, RPP, PWE is a Master Practitioner and world-famous Polarity Therapy and CranioSacral Unwinding Instructor. Students who experience Gary's unique perspective on healing, energy and "holding space" claim to have profound and inspirational experiences.

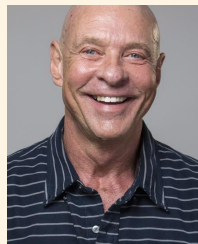
He has helped thousands of people find greater health and well-being through his work and mentoring. His educational programs have uplifted many students to greater levels of skill, self-awareness, empowerment and deep understanding of the Principles of Life Energy.

Polarity

Polarity Advanced Courses

Advanced Recommended Classes:

Please refer to class descriptions and prerequisite requirements on pages 48 & 49 before registering for these classes.



James Arena

RPP, CPE, Senior Instructor

James Arena has been practicing Polarity Therapy since 1979. He began his search for alternative and deeper healing when challenged with his own health issues and found Polarity Therapy to be the most effective method of self healing. James has been featured on several health talk radio programs nation wide and his special and unique approach to this healing art spans to over 44 years of service.

PC 998 Polarity - Spinal Balancing

Class Hours: 24 Credits: 0.75

1/9/2026 - 1/11/2026 Fri-Su 9am-6pm
8/7/2026 - 8/9/2026 Fri-Su 9am-6pm

PC 942 Polarity – Dr. Stone's Energy Exercises & Mystic Philosophy

Class Hours: 16 Credits: 0.25

6/13/2026 - 6/14/2026 Sa/Su 9am-6pm

PC 987 Polarity - 5 & 6 Point Star

Class Hours: 32 Credits: 1

07/09/2026 - 07/12/2026 Th-Su 9am-6pm



Jennifer Sanders

Program Coordinator

Jennifer Sanders is a Master Polarity and Integrative Cranial Sacral Unwinding instructor, Registered Polarity Practitioner, and holds a degree in Mind/Body Transformational Psychology. Jennifer is a passionate and innovative educator who has dedicated her work to transforming the consciousness and quality of life, for both students and

clients. She trains and mentors teachers and practitioners from all over the world in the application and studies of the Healing Arts. In her private practice she specializes in Polarity Therapy, ICSU, Life Coaching, Sound Healing and Aromatherapy to facilitate potent and transformative healing for clients from all walks of life and backgrounds.

PC 999 Polarity - Autonomic Nervous System

Class Hours: 24 Credits: 0.75

3/6/2026 - 3/8/2026 Fri-Su 9am-6pm

PC 110 Polarity - Trance Counseling

Class Hours: 24 Credits: 1

1/16/2026 - 1/18/2026 Fri-Su 9am-6pm
9/11/2026 - 9/13/2026 Fri-Su 9am-6pm

Reiki

Traditional or Transformational

100 Hours
3.00 Credits

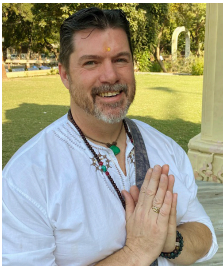
Reiki is one of the more widely-known forms of energy healing. Considered a complete system of holistic healing and personal development, Reiki is an ancient Japanese practice using "Universal Life Energy" or "Spirit-directed Energy" for self-healing, the healing of others, developing higher consciousness, and fulfilling a spiritual purpose. At SWIHA, we have found that just as there are different learning styles, there are different healing styles. We are committed to offering a variety of ways for you to connect with your healing gifts. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

TRADITIONAL

Traditional Reiki is a journey of self-discovery, personal healing, and becoming a vessel of healing for others. Traditional Reiki is taught based on the techniques and protocols handed down for generations from Madame Takata's lineage. It begins in Reiki I, with a focus on the history of Reiki, energy anatomy, self-healing protocol, and becoming attuned to the traditional Reiki symbols. Reiki II deepens the understanding and uses for the Traditional Reiki symbols and broadens the practice of Reiki from self-healing, to facilitating healing in others. Reiki III brings the practitioner to the mastership level with attunement to the Reiki Master symbol. While reflecting on the Reiki journey to this point, and being firmly grounded in the present, the practitioner envisions where this practice will lead themselves in the future as a Reiki Master.

Reiki - Traditional

Course:	Hours:	Credit:
EC 700 Reiki I - Traditional	16	0.5
1/10/2026 - 1/11/2026	Sa/Su 9am-6pm	
2/27/2026 - 3/20/2026	Fri 9am-1pm.	
4/18/2026 - 4/19/2026	Sa/Su 9am-6pm	
9/26/2026 - 9/27/2026	Sa/Su 9am-6pm	
EC 711 Reiki II - Traditional	16	0.5
2/21/2026 - 2/22/2026	Sa/Su 9am-6pm	
6/6/2026 - 6/7/2026	Sa/Su 9am-6pm	
10/17/2026 - 10/18/2026	Sa/Su 9am-6pm	
EC 720 Reiki III - Advanced	8	0.25
3/28/2026 - 3/28/2026	Sa 9am-6pm	
8/15/2026 - 8/15/2026	Sa 9am-6pm	
11/14/2026 - 11/14/2026	Sa 9am-6pm	
EC 798 Reiki Clinic	8	0.25
12/6/2025 - 12/6/2025	Sa 9am-6pm	
12/7/2025 - 12/7/2025	Su 9am-6pm	
6/13/2026 - 6/13/2026	Sa 9am-6pm	
6/14/2026 - 6/14/2026	Su 9am-6pm	
EC 766 Reiki Master/Teacher Initiation	20	0.5
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
1/16/2026 - 1/18/2026	F 6pm-10 pm Sa/Su 9am-6pm	
6/26/2026 - 6/28/2026	F 6pm-10 pm Sa/Su 9am-6pm	
12/18/2026 - 12/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
Total Core classes for Traditional Reiki	68	2.00
Choose 32 Hours of Electives	32	1.00
TOTAL:	100	3.0



Scott Taylor
Traditional Reiki Program Director

Scott has been an instructor at SWIHA since 2016 which is coincidentally the year in which he also became an ordained minister through SWIHA and the Universal Brotherhood. Scott's great passion is teaching and he is a champion for the concepts and structure of Traditional Reiki. Scott's spiritual background is that of a seeker, which allows him to teach this traditional platform from a space of inclusiveness while respecting the time honored ideals of this sacred healing tradition. Scott feels that "Reiki is a journey of self discovery and healing, and as we heal ourselves, others are naturally drawn to us so that we may assist them in their own healing journey."

TRANSFORMATIONAL

Shamanic Reiki takes Master Usui's original teachings and holding of Reiki with the ancient practices and energies of indigenous traditions across the globe. It seeks to connect the practitioner to their true self; going within to face their personal shadows so they might become hollow bone, an open conduit for Reiki energy that honors the 7 directions and the Wheel of Life.

Reiki - Shamanic

Course:	Hours:	Credit:
EC 775 Shamanic Reiki I & II	20	0.75
2/27/2026 - 3/1/2026	F 6pm-10 pm Sa/Su 9am-6pm	
9/11/2026 - 9/13/2026	F 6pm-10 pm Sa/Su 9am-6pm	
EC 776 Shamanic Reiki III & Beyond	20	0.5
4/10/2026 - 4/12/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/9/2026 - 10/11/2026	F 6pm-10 pm Sa/Su 9am-6pm	
EC 798 Reiki Clinic	8	0.25
12/6/2025 - 12/6/2025	Sa 9am-6pm	
12/7/2025 - 12/7/2025	Su 9am-6pm	
6/13/2026 - 6/13/2026	Sa 9am-6pm	
6/14/2026 - 6/14/2026	Su 9am-6pm	
EC 766 Reiki Master/Teacher Initiation	20	0.5
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
1/16/2026 - 1/18/2026	F 6pm-10 pm Sa/Su 9am-6pm	
6/26/2026 - 6/28/2026	F 6pm-10 pm Sa/Su 9am-6pm	
12/18/2026 - 12/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
Total Shamanic Reiki	68	2.00
Choose 32 Hours of Electives	32	1.00
TOTAL:	100	3.0



Dr. Brad Bouté
Shamanic Pathways Program Director

Brad has been serving in higher education for 24 years and has been practicing ancestral forms of connecting with the Great Mystery for many more. He has been a leader and facilitator of individual and group work for more than 10 years, working to help men and women connect with their true selves through integrity, accountability, and their connection with spirit. Through studying and mentoring with several medicine people, spiritual leaders, and exploring his personal connection with all our relatives, Brad has deepened his relationship with the Earth, and those upon it. He is honored to hold space for others, as they find their way to a balanced connection with themselves, others, the Earth Below, the Sky Above, and all the Great Mystery has to share.

Are you being 'called' to serve?
Call to speak to one of our Admissions Coaches
480-994-9244 or visit us at www.swiha.edu

Reiki Electives



Electives

Select 32 hours from the following:

Course:	Hours:	Credit:
EC 731 Reiki & Beyond - Sound & Vibration	16	0.5
4/11/2026 - 4/12/2026	Sa/Su 9am-6pm	
7/18/2026 - 7/19/2026	Sa/Su 9am-6pm	
11/7/2026 - 11/8/2026	Sa/Su 9am-6pm	
EC 741 Reiki - Angels, Guides, and Masters	8	0.25
3/29/2026 - 3/29/2026	Su 9am-6pm	
11/15/2026 - 11/15/2026	Su 9am-6pm	
EC 750 Reiki Symbolism & Geometric Grid	16	0.5
3/7/2026 - 3/8/2026	Sa/Su 9am-6pm	
12/12/2026 - 12/13/2026	Sa/Su 9am-6pm	
AR 120 Aromatherapy - Therapeutic Touch	8	0.25
1/18/2026 - 1/18/2026	Su 9am-6pm	
6/20/2026 - 6/20/2026	Sa 9am-6pm	
11/7/2026 - 11/7/2026	Su 9am-6pm	
EC 791 Reiki for Prosperity	8	0.25
1/11/2026 - 1/11/2026	Su 9am-6pm	
5/10/2026 - 5/10/2026	Su 9am-6pm	
10/25/2026 - 10/25/2026	Su 9am-6pm	

New! BODYWORK CLASSES



MT 610 Zen Shiatsu – Simple Full Body Form (16 Hrs) - \$320

Learn Shiatsu massage using thumb, palm, finger, forearm, knee and elbows, range of motion, meridian stretches, healing, with energy work, use your body effortlessly, feel imbalances in the body and promote deep relaxation, includes self-shiatsu. BW (CEU-NCBTMB)
08/22/26 - 08/23/26 Sa/Sun 9am-6pm

CEU

MT 615 Zen Shiatsu - Meridian Therapy (16 Hrs) - \$320

Learn to give short therapies with the use of specific acupressure points for targeted medical conditions and emotions using Shiatsu, a Japanese modality, based on Chinese Medical Theory and Western Psychology. Learn the 12 meridian pathways by using brushing, compressions and stretches to facilitate release and rebalancing of the body. Apply the therapy to fully clothed clients. Can be effectively used in combination with other modalities such as reflexology, massage, myotherapy, or thai bodywork. BW (CEU-NCBTMB)
10/10/26 - 10/11/26 Sa/Sun 9am-6pm

CEU

MT 620 Zen Shiatsu – Balancing: 5 Element TCM Theory (16 Hrs) - \$320

Students will study the basic principles of Taoism, TCM, Yin/Yang Theory, Five Element Theory, the Three Treasures (Jing, Qi, & Shen), basic Tai Chi Qigong, and Five Element Meditation / Visualization. BW (CEU-NCBTMB)
11/14/26 - 11/15/26 Sa/Sun 9am-6pm

CEU



New!

Intro to Cupping

CE 500

Class Hours: 6

Credits: 0.5

Learn the basics of cupping in a safe and effective manner. In this class we will focus on the history benefits and contraindications for cupping therapy when it is paired with massage. Myotherapy (MT 400) or LMT. Supplies: \$36 (includes 8pc cupping set). AZ-CEU BW
1 day

1 day

2/7/2026 - 2/7/2026 Sat 9am-4pm

6/20/2026 - 6/20/2026 Sat 9am-4pm

11/14/2026 - 11/14/2026 Sat 9am-4pm

\$120.00

Reflexology

120 Hours • 4.00-4.50 Credits

Also known as zone therapy, Reflexology is based on the principle that an image of the body is represented on the face, ears, hands and feet. Reflexologists apply pressure to these areas with specific thumb and finger techniques. By pressing or stimulating a specific zone, the flow of energy, blood, nutrients and nerve reflexes are restored and balanced. In more detail, students will learn the practical applications and benefits of zone therapy, as well as comprehensive training that include pathology and assessment, emotional healing, polarity, aromatherapy, Thai massage, toe reading and more. You will study a chart of ten zones, and learn to manipulate areas of the face, ears, hands and feet to heal organs and other systems of the body. Massage Therapists and Polarity Practitioners are often drawn to Reflexology to enhance their professional healing practices. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course	Hours	Credits
RF 201 Reflexology - A Western Approach	20	0.75
for Bodyworkers		
3/6/2026 - 3/8/2026	F 6pm-10 pm Sa/Su 9am-6pm	
3/27/2026 - 5/1/2026	Fri 9am-1pm.	
6/12/2026 - 6/14/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/9/2026 - 10/11/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/30/2026 - 12/4/2026	Fri 9am-1pm	
EL 146 Auriculotherapy	20	1
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
9/25/2026 - 10/23/2026	Fri 9am-1pm	
12/18/2026 - 12/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
RF 202 Reflexology - Assessment Skills for	20	0.75
Bodyworkers		
5/8/2026 - 6/12/2026	Fri 9am-1pm	
10/23/2026 - 10/25/2026	F 6pm-10 pm Sa/Su 9am-6pm	
RF 203 Reflexology - Emotional Balance & Being	20	0.75
for Bodyworkers		
12/10/2025 - 1/21/2026	W 6pm-10pm	
7/10/2026 - 8/7/2026	Fri 9am-1pm	
11/20/2026 - 11/22/2026	F 6pm-10 pm Sa/Su 9am-6pm	

CHOOSE 40 HOURS OF ELECTIVES

AR 115 Aromatherapy - Foot Chakra		
Reflexology for Bodyworkers	8	0.25
1/17/2026 - 1/17/2026	Sa 9am-6pm	
6/21/2026 - 6/21/2026	Su 9am-6pm	
EC 106 Energetic Acupressure - Intro	16	0.5
12/6/2025 - 12/7/2025	Sa/Su 9am-6pm	
1/31/2026 - 2/1/2026	Sa/Su 9am-6pm	
8/1/2026 - 8/2/2026	Sa/Su 9am-6pm	
EL 220 Face-Lift Acupressure	4	0.25
12/5/2025 - 12/5/2025	F 6pm-10pm	
1/30/2026 - 1/30/2026	Fri 6pm-10pm	
7/31/2026 - 7/31/2026	Fri 6pm-10pm	
OE 640 Thai Massage - Foot Massage	20	0.5
2/27/2026 - 3/1/2026	F 6pm-10 pm Sa/Su 9am-6pm	
6/5/2026 - 6/7/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/2/2026 - 10/4/2026	F 6pm-10 pm Sa/Su 9am-6pm	
PC 700 Polarity - Reflexology for Bodyworkers	20	1
12/5/2025 - 12/7/2025	F 6pm-10 pm Sa/Su 9am-6pm	
5/1/2026 - 5/3/2026	F 6pm-10 pm Sa/Su 9am-6pm	
9/11/2026 - 9/13/2026	F 6pm-10 pm Sa/Su 9am-6pm	
RF 151 Toe Reading I – Reflexology Assessment & Introduction to Dialogue	20	0.5
8/14/2026 - 9/18/2026	Fri 9am-1pm	
9/25/2026 - 9/27/2026	F 6pm-10 pm Sa/Su 9am-6pm	
RF 218 East Indian Head Acupressure	8	0.25
4/12/2026 - 4/12/2026	Su 9am-6pm	
6/28/2026 - 6/28/2026	Su 9am-6pm	
11/1/2026 - 11/1/2026	Su 9am-6pm	
RF 575 Reflexology - Hand for Bodyworkers	4	0.25
4/11/2026 - 4/11/2026	Sa 9a-1pm	
6/27/2026 - 6/27/2026	Sa 9a-1pm	
10/31/2026 - 10/31/2026	Sa 9a-1pm	
TOTAL	120	4-4.5

Toe Reading ~ Soul Coach

40 Hours

Toe Reading I – Reflexology Assessment & Introduction to Dialogue

RF 151 Class Hours: 20 Credits: 0.5

It is well documented that everything that happens in your life, the story and the emotions, are stored as cell memory. Toe Reading is based on the theory that the body holographically records the stories of our lives in the tissues of the toes. The position and shape of the toes say a lot about their owner and the energy in one's body. Using active listening, powerful-soul-searching questions, along with deep-insight practitioners help people create change in their lives by examining their 'stories.'

A trained Toe Reader humbly listens to the client, quietly makes observations, feels the energy in the toes, makes inquiries and presents metaphor-ic connections. Level 1 is an Introduction to the Ayurveda elements found in the toes, their meaning, and how to give a basic Toe Reading to another. Coaching language and potent questions are introduced. (CEU-NCBTMB)

5 weeks

08/14/2026 - 09/18/2026

F 9am-1pm

09/25/2026 - 09/27/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

CEU

BODYWORK CLASSES

New!



Integrated Structural Bodywork - Low Back Pelvis and Legs

MT 810 Class Hours: 16 Credits: 0.5

Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of low back pelvis and lower legs helping all these structures work symbiotically. Req: LMT or Approved only students. (CEU-NCBTMB)

1 weekend

1/31/2026 - 2/1/2026

Sa/Su 9am-6pm

\$320.00

CEU

Integrated Structural Bodywork - Torso Shoulders and Arms

MT 820 Class Hours: 16 Credits: 0.5

Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of Torso Shoulders and Arms helping all these structures work symbiotically. Pre-Req: LMT or Approved only students. (CEU-NCBTMB)

1 weekend

8/8/2026 - 8/9/2026

Sa/Su 9am-6pm

\$320.00

CEU

Integrated Structural Bodywork - Cranium Neck and Jaw

MT 830 Class Hours: 16 Credits: 0.5

Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of Cranium Neck and Jaw helping all these structures work symbiotically. Pre-Req: LMT or Approved only students. (CEU-NCBTMB)

1 weekend

9/19/2026 - 9/20/2026

Sa/Su 9am-6pm

\$320.00

CEU

Shamanic Principles and Pathways

100 Hours • 5.00 Credits

No matter the culture, across the world and throughout history, our indigenous ancestors have shared common and consistent ways of relating with the world around them. Through the Shamanic Principles and Pathways Certificate of Excellence, students begin exploring some of these common themes and learning how to integrate them into their own life and practice. Students are invited to begin connecting with their own ancestry to explore their unique indigenous heritage, so they better understand and respect these first people's cultures and how they influenced physical and spiritual healing throughout history. Students are introduced to a variety of ceremonies, with a focus on the interconnectedness of all our relations through the wheel of life, the making of shamanic tools, shamanic journeying, spirit guides, self-healing, and an integrated understanding of the upper, middle, and lower worlds. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:		Hours:	Credit:
EC 775 Shamanic Reiki I & II		20	0.75
2/27/2026 - 3/1/2026	F 6pm-10 pm Sa/Su 9am-6pm		
9/11/2026 - 9/13/2026	F 6pm-10 pm Sa/Su 9am-6pm		
EC 776 Shamanic Reiki III & Beyond		20	0.5
4/10/2026 - 4/12/2026	F 6pm-10 pm Sa/Su 9am-6pm		
10/9/2026 - 10/11/2026	F 6pm-10 pm Sa/Su 9am-6pm		
EC 777 Shamanic Wheel of Life		20	0.5
11/13/2026 - 11/15/2026	F 6pm-10 pm Sa/Su 9am-6pm		
EC 778 Shamanic Pathways		40	1.25
1/30/2026 - 2/15/2026	F 6pm-10 pm Sa/Su 9am-6pm		
Shamanic & Pathways		100	3.00



Larry and Brad stand in gratitude for our ancestors, all our relations, and especially for each of you who come to share in ceremony throughout these classes. We honor our direct teachers for their wisdom, experience, and give-away as they have supported our connected journey over the last 30 years.

We especially stand in gratitude for the original caretakers of these lands the Hohokam, Mogollon, Patayan, Maricopa, Pima, Tohono O'odham, Hopi, and Dine and all those who continue to teach us how to be in right relationship with this world we share. Please join us on this path of connection and leave behind the myth of separateness.

Intuitive Guide

100 Hours • 4.75 Credits

When we are in need of clarity, connection, and compassion, we often look for someone to guide us in our process. While angels are typically thought of as heavenly beings, there are also Earth-bound angels who are "human messengers" committed to being of service to those in need. They are believed to deliver messages from the Divine, and with them come miracles, mystery, and unexplained synchronicities. To serve as a "Guide" or "Intuitive Messenger" is to choose to be an earthly extension to the Divine and a voice for the angelic realm. There are many ways to communicate with angels, and this program is designed to awaken you to your mission on Earth and increase your trust in your connection to divine guidance. If you have ever been drawn toward angels, the ascended Masters, or intuitive card readings, this may be your opportunity to hone your abilities as a holistic practitioner or spiritual teacher, to listen to heavenly messages, and to support your clients on their own personal life journeys. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:		Hours:	Credits:
LC 111 Introduction to Life Coaching		20	1.25
9/19/2025 - 9/21/2025	F 6pm-10 pm Sa/Su 9am-6pm		
1/16/2026 - 1/18/2026	F 6pm-10 pm Sa/Su 9am-6pm		
5/15/2026 - 5/17/2026	F 6pm-10 pm Sa/Su 9am-6pm		
IG 111 Introduction to Intuitive Guidance		12	1
3/6/2026 - 3/7/2026	Fri 6pm-10pm Sa 9am-6pm		
9/11/2026 - 9/12/2026	Fri 6pm-10pm Sa 9am-6pm		
IG 211 Angels and Guides		24	1.25
3/27/2026 - 4/11/2026	Fri 6pm-10pm Sa 9am-6pm		
10/2/2026 - 10/10/2026	Fri 6pm-10pm Sa 9am-6pm		
IG 311 Intuitive Guidance – Practical Applications		24	1.25
4/24/2026 - 5/9/2026	F 6pm-10 pm Sa/Su 9am-6pm		
11/13/2026 - 11/21/2026	Fri 6pm-10pm Sa 9am-6pm		
IG 401 Business of Intuitive Guidance		20	1.25
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm		
5/29/2026 - 5/31/2026	F 6pm-10 pm Sa/Su 9am-6pm		
12/11/2026 - 12/13/2026	F 6pm-10 pm Sa/Su 9am-6pm		
TOTAL:		100	6.00

To speak with an Admissions Coach
call 480-994-9244 | Info@swiha.edu

Urban Farming

100 Hours • 5.50 Credits



Urban Farming has become a growing part of U.S. food economy as it helps reduce the miles food needs to travel, and helps others gain access to healthy food they may otherwise have not been able to afford. Around 15% of the world's food is now grown in urban areas. Whether you are interested in growing food for earning income or producing healthier food all on your own, this certificate will help you get your hands dirty. Spread what you learn throughout your community and increase the number of people taking back control over their food production, moving our communities closer to real sustainability. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement. Urban Farming only runs once a year.

Course:	Hours:	Credit:
CC 450 Conscious Living & Urban Farming	30	2.00
10/22/2026 - 12/17/2026 Th 6-9:45pm		
UF 100 Urban Farming - Field-to-Fork	40	2.00
1/8/2026 - 3/12/2026 Th 6pm-10pm		
UF 101 Urban Farming - Seed to Sale	30	1.5
3/19/2026 - 5/7/2026 Th 6-9:45pm		
Total Hours	100	5.50



Joel Hamilton
LMT, RMT, CHT, CYT

Joel Hamilton is the Associate Dean of Campus Education and Urban Farming Program Director. He is a graduate from SWIHA's Associates of Occupational Studies Degree in Holistic Healthcare, with a specialization in Massage, including sub-specializations in Reiki, Special Touch, Myofascial Massage, Myotherapy, and Aromatherapy. He has completed 200 Hours of Yoga Teacher Training, 100 hours of Hypnotherapy and our Life Coaching program. He passionately explains, "It is my life's goal to teach people that the planet does not belong to us, but that we belong to the planet". It is his passion to help others make that connection in their hearts, minds and feel it in their souls so that our planet can remain safe for generations to come.



Massage Graduate Joshua Martin Launches Holistic Practice

At Southwest Institute of Healing Arts (SWIHA), we are constantly inspired by the transformational journeys our students undertake—both personally and professionally. One such journey belongs to Joshua Martin, a recent graduate whose path to becoming a healer is as heartfelt as it is powerful.

Joshua enrolled in SWIHA's Ayurvedic Master Massage Practitioner program, where he didn't just stop at massage. He dove deeply into the healing arts, completing additional certifications in Polarity Therapy, Cranial Sacral Therapy, Shamanic Reiki, and Myotherapy. Today, he proudly holds his Massage Therapy License and is the founder of Shua the Alchemist, a mobile healing practice serving the Phoenix area.

A Calling Rooted in Spirit

Before SWIHA, Joshua was already deeply immersed in energy work, Human Design, shamanic practices, and his own healing journey. What he lacked was a tangible, professional path to offer this kind of transformation to others. "I was drawn to Massage Therapy and Polarity because they bridge the physical and energetic worlds," he says. "SWIHA felt like the right fit because of its integrative approach and emphasis on personal growth."

That integrative foundation became the bedrock of his practice—and a mirror to his own soul's evolution.

A Moment of Knowing

There was one defining moment during his time in the student clinic that confirmed he was on the right path. After a session, a client tearfully told Joshua, "I haven't felt this safe in my body in years." That moment struck a deep chord. "It reminded me why I chose this path—to hold space for healing in a way that is grounded, intuitive, and deeply human."

Lessons in Authenticity

Among the many insights Joshua gained at SWIHA, the greatest was learning to show up as his whole self. "Healing doesn't just come from technique—it comes from presence, empathy, and authenticity," he reflects. He also credits SWIHA with helping him learn how to care for his own energy, an essential skill for any practitioner.

Some of his most impactful teachers include John Sanders, Gilad Shoham, and Gary Strauss, whose guidance in classes like Cranial Sacral Therapy, Polarity, and Shamanic Pathways helped him fully step into his role as a healing facilitator.

"Trust your journey, even when it feels messy. The path of becoming a healer is just as much about your own transformation as it is about gaining skills. You are your own medicine."

CERTIFICATE/SPECIALTY On-Campus

Yoga Teacher Training

200 Hours
8 Months or
4 Months Fast Track

SWIHA is a Registered Yoga School (RYS) through the internationally recognized Yoga Alliance; as a graduate of our YTT program, you are eligible to register with Yoga Alliance and carry the official designation of Registered Yoga Teacher (RYT). SWIHA's Unity Yoga Teacher Training provides academic structure and educational freedom while incorporating a living yoga approach. Earn your 200-hour teacher training certificate independently, or explore yoga as part of one of our diplomas programs, where you can combine yoga with Massage Therapy, Holistic Nutrition, Health and Wellness Coach, or Aromatherapy. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Yoga Module I - UNITY Yoga Foundations

YO 111 Class Hours: 60 Credits: 2
Ground your yoga practice in the wisdom of past Masters. Expand your yoga practice with the understanding of personal experience. . This foundational class serves as an exploration of yoga as a path of unity. An exploration of yoga as a path of unity with a focus on asana breathing ancient wisdom through modern voices history yoga anatomy and more. Embrace the full potential that is your birthright and rediscover the teacher within. For Students Paying PER Module - Enrollment and payment into YO 119 YTT Practicum is required with Yoga Module I to obtain your complimentary studio membership receive credit for observations and to be eligible to teach practicums. Supply \$35 Text: \$137 9 Weeks
1/21/2026 - 3/18/2026 Mon/Wed 6PM -9:30PM
2/16/2026 - 3/24/2026 Mon Tues Thurs 10AM-1:30PM
8/10/2026 - 9/17/2026 Mon Tues Thurs 10AM-1:30PM
9/14/2026 - 11/9/2026 Mon/Wed 6PM - 9:30PM
\$1200.00

Yoga Module II - UNITY Yoga Teaching Foundations

YO 112 Class Hours: 60 Credits: 2
Learn the practices techniques and methods that are the informed Yoga Teachers tools of healing and inspiration. Hands-on experience combined with practical classroom application increases your confidence and abilities. Understand the physical and energy bodies in a way that promotes Self-Realization while cultivating your intention as a teacher. PRERQ: YO 111 Texts from YO 111 9 weeks
1/6/2026 - 3/3/2026 Tue/Thur: 6pm-9:30pm
3/23/2026 - 5/18/2026 Mon/Wed 6PM -9:30PM
3/26/2026 - 5/4/2026 Mon Tues Thurs 10AM-1:30PM
9/21/2026 - 10/27/2026 Mon Tues Thurs 10AM-1:30PM
\$1200.00



Yoga Module III - UNITY Yoga Deepening the Path

YO 113 Class Hours: 60 Credits: 2
Enter a new awareness of your practice as a student and a teacher through direct experience of the Teacher. There is emphasis on refining the ability to teach from your inner understanding using established methods and techniques to discover your own unique teaching style. Supply \$70 Texts from YO 111 PRERQ: YO 112 9 Weeks
3/5/2026 - 4/30/2026 Tue/Thur: 6pm-9:30pm
5/5/2026 - 6/15/2026 Mon Tues Thurs 10AM-1:30PM
5/20/2026 - 7/27/2026 Mon/Wed 6PM -9:30PM
11/2/2026 - 12/15/2026 Mon Tues Thurs 10AM-1:30PM
\$1200.00

Yoga - YTT 200 Practicum

YO 119 Class Hours: 20 Credits: 0.25
An applied experience of the skills learned in YO 111, YO 112, and YO 113. Students will observe practices to build their awareness of teaching methods and student alignment in asana. Students will also teach public classes with feedback from a faculty coach. Students may begin the observation portion of practicum after the successful completion of YO 111; most students will begin their teaching experiences concurrently with or following YO 113 AUC.
1/21/2026 - 7/27/2026
2/16/2026 - 6/15/2026
8/10/2026 - 12/15/2026
9/14/2026 - 3/31/2027
\$400.00



Will Zecco
Lead Yoga Instructor
YTT 200hrs Nights



Dekim Yay
Yoga Instructor
YTT 200hrs Mornings



Becky Childs
Yoga Instructor
YTT 200hrs Nights

DIPLOMA On-Campus

Yoga Advanced Teacher Training

600 Hours
64 Weeks

The Advanced 600-hour Yoga Teacher Training program builds upon our Yoga Alliance approved 200-Hour YTT program. Whether students have completed our 200-hour YTT or completed a Yoga Alliance approved 200-hour program elsewhere, they are welcome to enroll in one of our advanced programs. In the 600-hour YTT program, students will complete 10 additional yoga-specific advanced courses, and 130 hours of yoga-specific electives. The goal of this diploma program is for aspiring yoga teachers to deepen and strengthen their yoga teaching ability, as well as chose a specialization that will widen employment options and expand how they are prepared to serve in the world.

Code	Course	Clock Hours	Credits
YO 111	Yoga Module I - UNITY Yoga Foundations	60	2.00
YO 112	Yoga Module II - UNITY Yoga Teaching Foundations	60	2.00
YO 113	Yoga Module III - UNITY Yoga Deepening the Teaching Path	60	2.00
YO 119	Yoga - UNITY Yoga Practicum	20	0.25
	YTT 200 SUBTOTAL	200	6.25
ADV. YOGA TEACHER TRAINING CORE COURSES			
YO 450	Yoga - Yogic Energy Anatomy & Chakras	30	1.00
YO 451	Applied Yoga Anatomy	30	1.50
YO 560	Yoga Philosophy & Meditation	30	1.00
YO 455	Business of Yoga	30	1.00
YO 456	Therapeutic Postures 1 (Yin)	20	1.00
YO 457	Therapeutic Postures 2 (Restorative)	20	1.00
YO 434	Postures of Consciousness	20	1.00
TC 635	Trauma Informed Communication for Yoga Teachers	30	0.50
YO 435	Advanced Practicum	30	0.50
	ADV. YOGA TEACHER TRAINING CORE SUBTOTAL	240	10.00

Code	Course	Clock Hours	Credits
YOGA STUDIO CORE COURSES			
YO 442	Modified Poses, Props & Principles	30	0.75
YO 441	Advanced Sequencing	30	1.00
	YOGA STUDIO CORE SUBTOTAL	60	1.75
CHOOSE 130 HOURS YOGA ELECTIVES			
YO-N	Yoga Nidra	100	4.50
YO-BP	Yoga Body Psychology	100	4.50
YO 132	Intro to Sacred Sound	20	0.75
EC 132	Sound Healing for Practitioners	20	0.75
YO 506	Transformational Yoga Coaching	40	1.75
YO 536	Transformational Yoga Coaching II - Thai Bodywork	20	1.00
YO 453	Foundations of Ayurveda	20	1.25
YO 466	Yoga -Advanced YIN	20	1.00

YTT students receive a complimentary membership to the Yoga Studio as a part of their educational experience while attending the Yoga Teacher Training Programs.

Integrative Yoga Therapy

1000 Hours • 75 Weeks

For those seeking to dive deep into an all-encompassing yoga career, our 1000-hour Integrative Yoga Therapy diploma program is the choice for you. This program builds upon our 200-hour Yoga Teacher Training program, with the addition of classes that will support you in offering Yoga Therapy modalities to future clients as a Yoga Therapist. Some Yoga Therapy courses include Polarity, Yoga Nidra, Integral Breath Therapy, Transformational Yoga Coaching, Sound Healing, and so much more!

UNITY YOGA TEACHER TRAINING COURSES

Code	Course	Clock Hours	Credits
YO 111	Yoga Module I – UNITY Yoga Foundations	60	2.00
YO 112	Yoga Module II - UNITY Yoga Teaching Foundations	60	2.00
YO 113	Yoga Module III - UNITY Yoga Deepening the Teaching Path	60	2.00
YO 119	Yoga - UNITY Yoga Practicum	20	0.25
	YTT 200	200	6.25

ADVANCED YOGA TEACHER TRAINING CORE COURSES

YO 451	Applied Yoga Anatomy	30	1.50
YO 455	Business of Yoga	30	1.00
YO 434	Posture of Consciousness	20	1.00
YO 456	Therapeutic Postures 1 (YIN)	20	1.00
YO 457	Therapeutic Postures 2 (RESTORATIVE)	20	1.00
YO 450	Yogic Energy Anatomy & Chakras	30	1.00
YO 560	Yoga - Philosophy & Meditation	30	1.00
	ADVANCED YOGA CORE	SUBTOTAL	180 7.50

YOGA THERAPY CORE COURSES

PC 100	Polarity - Basic I	20	1.00
TC 635	Trauma Informed Communication for Yoga Teachers	30	2.00
YO 438	I Am Yoga Principles of Meditation in Motion	40	1.00
YO-N	Yoga Nidra	100	4.50
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	1.00
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	1.00
YO-BP	Yoga Body Psychology	100	4.50
YO 701	Integral Breath Therapy	40	1.75
YO 702	Integral Breath Therapy II	20	0.25
YO 454	Physiology and Health Conditions for Yoga Therapists	30	2.00
YO 506	Transformational Yoga Coaching	40	1.75
YO 537	Transformational Yoga Coaching II - Yogic Bodywork	20	1.75
EC 132	Sound Healing for Practitioners	20	0.75
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00
YO 453	Foundation of Ayurveda	20	1.25
YO 462	Putting it All Together & Yoga Therapy Assessment	20	0.25
YO 463	Yoga - Advanced Yoga Therapy Supervised Practicum	50	0.25
	YOGA THERAPY CORE	SUBTOTAL	620 25.75
	INTEGRATIVE YOGA THERAPY TOTAL	1000	39.50

In partnership with the Amrit Yoga Institute, our students will have the chance to be sponsored by Amrit to join the International Association of Yoga Therapy (IAYT). This partnership provides the opportunity for students to start the path of becoming recognized as a C-IAYT.

Those interested in becoming a Certified Yoga Therapist (C-IAYT) through the International Association of Yoga Therapy (IAYT) have three options:

- Start from the beginning in one of our upcoming 200-Hour Yoga Teacher training and pursue some of your Advanced coursework at the same time.

- If you have taken your 200 hours of YTT training from SWIHA, you can transfer those hours towards the 1000-Hr Yoga Therapy program.

- Transfer your 200-hour training from another Yoga Alliance-approved program and begin your advanced yoga studies as soon as your schedule aligns.

DIPLOMA
On-Campus

Advanced Yoga Teacher & Healing Arts Practitioner

800 Hours
67 Weeks

The Advanced 800-hour Yoga Teacher Training program builds upon 600-Hour Advanced YTT program. The goal of this diploma program is for you to deepen and strengthen your yoga teaching ability, as well as choose additional specialization that will widen your employment options and expand the way you are prepared to serve in the world.

UNITY YOGA TEACHER TRAINING COURSES

Code	Course	Clock Hours	Credits
YO 111	Yoga Module I – UNITY Yoga Foundations	60	2.00
YO 112	Yoga Module II - UNITY Yoga Teaching Foundations	60	2.00
YO 113	Yoga Module III - UNITY Yoga Deepening the Teaching Path	60	2.00
YO 119	Yoga - UNITY Yoga Practicum	20	0.25
	YTT 200	200	6.25

ADVANCED YOGA TEACHER TRAINING CORE COURSES

TC 635	Trauma Informed Communications for Yoga Teachers	30	2.00
YO 450	Yogic Energy Anatomy & Chakras	30	1.00
YO 451	Applied Yoga Anatomy	30	1.50
YO 560	Yoga - Philosophy & Meditation	30	1.00
YO 455	Business of Yoga	30	1.00
YO 456	Therapeutic Postures 1 (YIN)	20	1.00
YO 457	Therapeutic Postures 2 (RESTORATIVE)	20	1.00
YO 434	Posture of Consciousness	20	1.00
YO 435	Advanced Practicum	30	0.50
	ADVANCED YOGA TEACHER CORE	SUBTOTAL	240 8.50

YOGA STUDIO COURSES

YO 442	Modified Poses, Props, & Principles	30	0.75
YO 441	Advanced Sequencing	30	1.00
	SUBTOTAL	60	1.75

CHOOSE 300 HRS OF YOGA SPECIALTY OR ELECTIVES

YO-N	Yoga Nidra	100	4.50
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	0.50
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	0.50
YO-BP	Yoga Body Psychology	100	4.50
YO 466	Yoga - Advanced YIN	20	0.75
YO 132	Intro to Sacred Sound & Meditation	20	0.75
EC 132	Sound Healing for Practitioners	20	0.75
YO 506	Transformational Yoga Coaching	40	1.75
YO 537	Transformational Yoga Coaching II - Yogic Bodywork	20	0.50
YO 453	Foundations of Ayurveda	20	1.25
	YOGA ELECTIVES	SUBTOTAL	300 VARIES
		TOTAL	800

Yoga Body Psychology

100 Hours • 4.50 Credits

Life is energy. It is meant to flow through us, each time leaving us broader, richer and evolving us for having known it. When we experience more intensity than we can handle, we shut this process down and create blocks in the body. The Amrit Method of Yoga Body Psychology is designed to not only treat visible physical symptoms but is aimed at addressing the invisible mental and emotional blocks that contribute to them. Using gravity-supported, static poses held by the facilitator, or with the use of the wall or props, you will learn how to surface and release blockages held in body zones such as legs, buttocks, hamstrings, heart, and shoulders. This rejuvenating and releasing experience enhances your understanding of the energetic aspects of yoga and how to use it for yourself and others as one of the most profound healing modalities you will ever encounter. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Yoga - Body Psychology I

YO 421 Class Hours: 20 Credits: 1

This course of advanced Yoga study delves into the Amrit method of body psychology including emotional blocks how they are created and how to release them using yoga-based coaching and facilitation techniques. Students will learn how body poses help reveal blocked areas of the body and help release alignment patterns tensions and accelerate healing through addressing the underlying mental emotional and physical patterns that are resulting in physical symptoms. Students will learn the first of four support yoga sequences and will learn the energetic diffusion technique as well as the body scanning technique and body mind connections. You will learn how to conduct a body scan and discover through experience the theory of body-mind connections. Supply Fee for manual: \$35 PRE-REQ - 200 hour yoga teacher training Polarity APP or MT 750 - AUC ONLY
1 Weekend
10/30/2026 - 11/01/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - Body Psychology II

YO 422 Class Hours: 20 Credits: 1

During this weekend you will practice giving your first complete individualized yoga body psychology session. In addition you will learn and practice leading a yoga body psychology focused class. You will discover how the first chakra relates to ego development and what poses address this. We will explore the theory and practice of a second body psychology sequence for hips and pelvis. After weekend two there will be a supervised practicum to review and practice the techniques you have learned. PRE-REQ: YO 421 AUC ONLY
1 Weekend
11/13/2026 - 11/15/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - Body Psychology III

YO 423 Class Hours: 20 Credits: 1

This module is designed to deepen the students understanding of yoga body psychology after having completed an initial practicum covering material in the first two weekends. Here you will begin to focus on the subtleties of yoga body psychology including a new diagnostic tool called Ayurvedic Psychology a new facilitation technique known as Focusing and an overview of the journey of psychological development through the chakras. New yoga body psychology sequences for lower and upper body as well as arms neck shoulders and upper spine will be introduced and practiced along with additional instruction and practice on leading yoga body psychology classes. PRE-REQ: YO 421 YO 422 AUC ONLY
1 Weekend
11/20/2026 - 11/22/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - Body Psychology IV

YO 424 Class Hours: 20 Credits: 1

This module is designed to pull all the pieces of Yoga Body Psychology together - leaving the student with the ability to not only lead a yoga body psychology class but also an individual session based on a client's individual needs. In addition students will be learning about the most common conditions they may encounter in a yoga body psychology practice and pointers on how to skillfully address them with the tools they've gained. Students will learn a final new facilitation technique as well as a model for understanding the ingredients required for total emotional integration to occur. In this class we will also be covering logistical marketing and other professional issues related to Yoga Body Psychology. PRE-REQ - YO 421-YO 423 AUC ONLY
1 Weekend
12/05/2025 - 12/07/2025 F 6pm-10pm Sa/Su 9am-6pm
12/04/2026 - 12/06/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - Body Psychology V

YO 425 Class Hours: 20 Credits: 0.5

This module is designed to practically implement all elements and tools of Yoga Body Psychology together - leaving the student with the ability to successfully conduct an intake and choose a protocol of yoga poses combined with introspective facilitation techniques and integration techniques most appropriate for the individual client's needs. This module has two components: One eight hour day which includes: Visual demonstration oversight and practice in partners between sessions 2 and 3 to practice techniques learned. Two 7 hour Sundays after the completion of session 4 where students will receive and give Yoga Therapy sessions to each other or offer public appointments. PREREQ: YO 421- YO 424 AUC ONLY
1 Weekend
12/12/2025 - 12/14/2025 F 6pm-10pm Sa/Su 9am-6pm
12/11/2026 - 12/13/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Rhonda Vroman C-IAYT, RYT-500, MBA | Program Director of Yoga Therapy 1000hr

Rhonda's experiences of connecting with peaceful presence allowed her to show up more easefully during the latter part of a 25-year career leading teams in high pressure corporate settings. Her ongoing exploration of the energetic aspects of yoga on and off the mat drew her to the lineage of Swami Kripalu and the teachings of Amrit and Kamini Desai over a decade ago and she continues to study and immerse in these teachings. She is passionate about introducing this practice to support the healing journey and guide students to offer the modality. Certified as a Yoga Therapist (C-IAYT), E-RYT 500 and Integral Breath Therapy, her training also includes Engineering and MBA degrees, Spiritual Direction and practices inviting body/mind/heart/soul connection. Her passion is helping clients and students access inner knowing where wisdom is revealed; namely, rediscovering connection to Source. In this place we find the answers we seek externally are already within. She is honored to be offering the I AM Yoga Therapy™/ Yoga Body Psychology at SWIHA.

I Am Yoga Nidra™ Facilitator

100 Hours • 4.50 Credits

Yoga Nidra, also known as “yogic sleep,” is an ancient practice that guides the conscious mind into a meditative state to create harmony between the subconscious and unconscious. Practicing Yoga Nidra creates a relaxed yet aware state which helps eliminate the root causes of negativity and stress. The perspective gained through Yoga Nidra helps reduce tension-related disorders, including hypertension, depression, insomnia, asthma, anxiety, chronic pain, digestive disorders, and others. Learn to teach Yoga Nidra, and help others transform their lives to find wholeness and personal well-being. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Yoga - Nidra I

YO 401

Class Hours: 20

Credits: 1

This theoretical and experiential foundation class is designed to introduce you to yoga nidra as a little-known limb of the yogic arts. Literally translated as “yogic sleep” Yoga Nidra enables practitioners to reach profoundly deep states of consciousness through a powerful series of interchangeable techniques performed lying down. Explore the original intent of yoga the three states of consciousness and Yoga Nidra as a tool for accessing the fourth state Supplies \$42 - AUC

1 Weekend

8/21/2026 - 8/23/2026

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Nidra II

YO 402

Class Hours: 20

Credits: 1

Learn how yoga nidra takes you to subtle realms where karmic patterns that are solid and difficult to change in the waking state are more fluid and easy to shift in the meditative sleep state. Learn about the aura the koshas and how yoga nidra is designed to take you to the subtlest sheath where karmic impressions are held. PRERQ YO 401* AUC only For Students Paying PER Module – Enrollment and payment into YO 409 Yoga Nidra Practicum is required with Yoga Nidra II.

1 Weekend

8/28/2026 - 8/30/2026

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Nidra III

YO 403

Class Hours: 20

Credits: 1

Explore studies on the proven effects of yoga nidra. Learn the secrets of each of the yoga nidra practices their benefits precautions and areas of proven efficacy from both the eastern and western perspective. You will learn how yoga nidra techniques can stand alone or add a deeper dimension to yoga classes alternative health medical and therapeutic settings—both one-on-one and in a group. Using exclusive modularized yoga nidra cards learn the secrets of quickly and easily shaping your own yoga nidra sessions for students clients friends or family regardless of age or physical capability. Supply Fee: \$43 PRERQ: YO 402 AUC only

1 Weekend

9/11/2026 - 9/13/2026

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Nidra IV

YO 404

Class Hours: 20

Credits: 1

In this course we will survey some of the most powerful applications of yoga nidra in the realm of stress health habits and addictions pain management and depression. You will learn about the latest research on relaxation training in these areas as well as learn how to create customized yoga nidra sessions for these populations. PRERQ 403 AUC only

1 Weekend

9/18/2026 - 9/20/2026

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Yoga Nidra Practicum

YO 409

Class Hours: 20

Credits: 0.5

An applied experience of the skills and techniques learned in YO 401 YO 402 YO 403 and YO 404. Students will facilitate Yoga Nidra sessions in both individual and group settings and will begin their teaching experiences concurrently with or following YO 402. AUC

1 Weekend

10/23/2026 - 10/25/2026

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Advanced Yoga Nidra

40 Hours

Yoga Nidra V – Advanced Techniques Part I

YO 405

Class Hours: 20

Credits: 1

This course of advanced Yoga Nidra study builds on and deepens Yoga Nidra practice as an ancient esoteric and mystical practice through study of source texts and yogic scriptures. We will delve more deeply into the koshas (sheaths) and how Yoga Nidra is of benefit to each one. You will learn how the Wisdom Body is the key to breaking internal patterns (samskaras) and you will experience new techniques for yourself and for your students to strengthen the power of the Wisdom Body. The new advanced Yoga Nidra card deck includes new body rotation sequences awareness of space inside and outside the body listening with the body chakra and kosha experiences and prana/mother divine yoga nidra. PRE-REQ: YO 401-404 SUPPLY: \$70 AUC

1 Weekend

10/2/2026 - 10/4/2026

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga Nidra VI – Advanced Techniques Part II

YO 406

Class Hours: 20

Credits: 1

This weekend we will study the Yoga Sutras and how it points to the true spiritual depth of Yoga Nidra. You will learn how to use Yoga Nidra protocols to aid those seeking emotional integration and solutions for trauma PTSD and other forms of energetic blockages. We will survey the latest scientific research as it relates to Yoga Nidra and the treatment of PTSD. Finally you will learn how to best bring Yoga Nidra to kids. With a new unique yoga nidra deck specially designed for kids we will show you which techniques are appropriate to various age groups and needs at various stages of childhood development. PRERQ: YO 401-405 SUPPLY: \$25 AUC

1 Weekend

10/9/2026 - 10/11/2026

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Kamini Desai

PhD., E-RYT | Lead Instructor

Yoga Alliance Approved Teacher Kamini

Desai is a nationally renowned teacher, welcomed in over ten countries around the world, and a recognized expert in the field of Yoga Nidra. For more than 20 years, Kamini has worked to combine Western psychology, medicine, and Eastern philosophy to create an exciting body of teaching in Yoga Nidra. Trained at the Kripalu Center for Yoga and Health, Kamini earned degrees in Anthropology and Psychology from Smith College and La Salle University. She was also a former President and Program Director of the Amrit Yoga Institute, as well as a developer of their core curriculum.



Yoga Class Descriptions

Yoga - Advanced Sequencing

YO 441 **Class Hours: 30.00** **Credits: 0.75**

Advanced Sequencing and Teaching methods: This course is designed to introduce advanced sequencing and teaching strategies including creating effective sequences with a focus on the wise progression from posture to posture including an energetic awareness of each posture. The goal is to empower yoga instructors in how to create a sequence that follows the effort and ease of the practice how to choose a theme and integrating music into a yoga studio class. Clear communication skills and teacher confidence will be emphasized with ample opportunity for practical application. Text: \$25

8 Weeks
4/9/2026 - 5/28/2026 Thurs 6-9:45pm
\$600.00

Yoga - Advanced Yoga Therapy Supervised Practicum

YO 463 **Class Hours: 50** **Credits: 0.25**

This course offers students direct experiences both in a studio setting and working one-on-one with clients. The studio setting includes offering three Yoga Therapy based classes or a workshop series demonstrating mastery of a combination of Yoga Body Psychology Yoga Nidra and Integral Breath Therapy. The direct client experience focuses on a series of supervised Yoga Therapy sessions demonstrating competency in client assessment formulations of Yoga session plan creating a safe and therapeutic space for clients and executing a wise and transformative yoga body session using the tools and various client protocols taught throughout the program. Specifically the case studies will include Yoga Body Psychology Integral Breath Therapy and Yoga Nidra sessions plus one-on-one individual exchanges. Supply Fee: \$30 Pre-Req: YO 401-405 YO 421-425 YO 438 YO 701-702.

8 Weeks
9/22/2026 - 11/10/2026 Varied
\$1000.00

Yoga - Applied Yoga Anatomy

YO 451 **Class Hours: 30** **Credits: 1.5**

Understanding anatomy and how to apply that knowledge to an asana practice can profoundly change your approach to yoga deepen your practice and help your students avoid and recover from injuries. The perfection of verbal cueing for proper alignment and safety is the focus of this advanced class. Students will gain confidence by observing bodies fine tuning verbal assisting skills and understanding the underlying structure of many important yoga poses. Learn to shift your understanding from the body as parts and pieces to the body as an integrated whole. Text: \$70

8 Weeks
1/26/2026 - 3/16/2026 Mon 6-9:45pm
\$600.00

Yoga - Trauma Informed Communications for Yoga Teachers

YO 540 **Class Hours: 30.00** **Credits: 2.00**

Trauma-Informed communication integrates an understanding of the need for an individual's physical and emotional safety choice and control and personal empowerment. The focus of this class is to gain a deep understanding and implementation of neutral sensitive and non-triggering engagement whether leading a yoga class or working one on one with individuals. Using the latest research on the impact of trauma on physical emotional and mental health of individuals this class offers mindful dialogue regulation techniques restorative sequencing and trauma sensitive cueing.

8 Weeks
06/03/2026 - 07/29/2026 Wed 6-9:45pm
\$600.00

Yoga - Foundations of Ayurveda

YO 453 **Class Hours: 20.00** **Credits: 1.25**

Ayurveda means "The Science of Life. It is an ancient system of healing that focuses on the complete person. Ayurveda defines wellness not as "the absence of defined disease but rather as when all bodily tissues organs systems and functions are acting together in a healthy way and are able to maintain wellness in spite of potential illness-causing influences. This course will provide an overview of the basic principles of Ayurveda and how to integrate and apply these potent healing techniques. Students will learn classic Ayurveda diagnostic tools Dosha specific nutritional support and self-healing techniques to return the Body/Mind/Spirit to its full vital expression. Text: \$30

5 Weeks
12/1/2025 - 1/12/2026 Mon 6-10:00pm
\$400.00



Rhonda Vroman

C-IAYT, RYT-500, MBA | Lead Instructor

Yoga - Integral Breath Therapy

YO 701 **Class Hours: 40** **Credits: 1.75**

Integral Breath Therapy (IBT) is a revolutionary body-based modality that uses the breath to explore heal and integrate the multidimensional aspects of the human psyche bridging the gap between the conscious and unconscious mind. Facilitators learn how to use the power of this energy therapy to induce a natural trance state to bring dynamic awakenings to their clients and access underlying unresolved issues at the core. By going underneath the "story" or repetitive dramas in life belief systems are revealed along with the reason for their existence. It is an ideal tool for working with somatic issues addictions recovery respiratory problems depression anxiety grief and loss PTSD anger management relationship difficulties weight and body issues chronic tension and fatigue personal growth and more. Supplies: \$40

2 Weekends
05/29/2026 - 06/07/2026 F 6pm-10pm Sa/Su 9am-6pm
\$800.00

Yoga - Integral Breath Therapy II

YO 702 **Class Hours: 20** **Credits: 0.25**

In this practicum you do not lead the client but rather accompany them on their healing journey. You will facilitate sessions to expand explore release and heal on a physical psychological and emotional level. Upon completion this method easily integrates into an existing clinical or therapy practice educational environment or coaching format.

1 Weekend
06/26/2026 - 06/28/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - I AM Yoga®: Principles of Meditation in Motion®

YO 438 **Class Hours: 40.00** **Credits: 1.00**

This course uses lectures designed to increase your understanding of the ancient Eastern teachings of yoga along with practices which reveal a direct experience of your new understanding. I AM Yoga®: Principles of Meditation in Motion® recognizes that the body is the manifestation of the interplay between consciousness and energy. Through conscious cultivation of the vital healing force in the body the mind enters a state of meditation even while the body is in motion. I AM Yoga®: Principles of Meditation in Motion® combines all 8 Limbs of Yoga into one practice where Hatha Yoga (Physical practices) and Raja Yoga (Meditation practices) happen simultaneously. These practices connect you to your inner healer as a powerful medium for the purification and balancing of the body and the mind. You will learn to respond to life's circumstances appropriately instead of reacting fearfully. Pre-Req: YTT 200 & YO 434 Supply: \$25

2 Weekends
5/01/2026 - 5/10/2026 F 6pm-10pm Sa/Su 9am-6pm
\$800.00

Yoga - Intro to Sacred Sound & Meditation - Singing Bowls & the Gong

YO 132 **Class Hours: 20.00** **Credits: 0.75**

Friday night is dedicated to learning to make a singing bowl sing and how to use it with a yoga hypnotherapy or spiritual coaching session. Saturday and Sunday you will learn to play the Gong intuitively in one weekend ~ Discover your own 'Song of the Gong.' Master the gong from beginner to advanced techniques with basic foundational and knowledge on the history and use of the gong in your yoga practice hypnotherapy meditation or spiritual healing and coaching. No experience or pre-requisite required. Experience and harness the power of sound healing and transformation. Text: \$25. NO GUEST PASSES ALLOWED.

1 Weekend
1/16/2026 - 1/18/2026 F 6pm-10pm Sa/Su 9am-6pm
7/17/2026 - 7/19/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga Class Descriptions

Yoga - Modified Poses Props & Principles

YO 442 **Class Hours: 30.00** **Credits: 1.00**
The objective of this class is to offer the proper use of props and modifications as an added skill for the Yoga teacher's tool box allowing them to offer their gifts to a wider audience of students. This course will provide a firm foundation in the use of props for a variety of postures including the use of blocks blankets extenders and yoga chairs. It will also offer guidance in creating classes and sequences for special populations such as seniors prenatal as well as crafting classes the focus on beginner intermediate and advanced students. This class will result in a thorough understanding of how to safely and effectively incorporate props in asana - Safety First - the Essence of Touch - the Transference of Healing Energy. Text: \$69
8 Weeks
02/12/2026 - 04/01/2026 W 6-9:45pm
\$600.00

Yoga - Philosophy & Meditation

YO 560 **Class Hours: 30.00** **Credits: 1.00**
Yogic teachings embody the wisdom of "The Light is One yet the paths are many." In this course you will explore four paths of yoga: Karma Bhakti Jnana and Raja. Through "Svadyaya" the Sanskrit word meaning "Spiritual Study" and meditation you will explore the practical applications both on and off the mat. You are invited to unlock the ancient yogic teachings and learn how to offer them to yourself and others. Readings from sacred poetry yogic texts and other resources will give you the tools to incorporate these philosophies into your yoga classes in the form of themes cues and techniques as well as deepening your personal wisdom. Supply Fee: \$20 Text: \$38
8 Weeks
12/3/2025 - 2/4/2026 Wed 6-9:45pm
\$600.00

Yoga - Physiology & Health Conditions for Yoga Therapists

YO 454 **Class Hours: 30.00** **Credits: 2.00**
This course examines the basic fundamentals of anatomy and physiology as well as common pathologies. You'll explore the struggles that frustrate people living with these conditions as well as yoga therapy tools for supporting them through those struggles. Conditions covered include diabetes metabolic syndrome cardiovascular disease hypertension cancer immune conditions arthritis inflammation adrenal fatigue osteoporosis and thyroid conditions. Text: 25
8 Weeks
4/8/2026 - 5/27/2026 Wed 6-9:45pm
\$600.00

Yoga - Posture of Consciousness

YO 434 **Class Hours: 20.00** **Credits: 1.00**
This course is a unique study series designed to deepen your personal understanding of yoga and refine your ability to articulate and convey these teachings with simplicity and precision to the classes and clients you later plan to work with. In this study series we will look further into the key elements of I AM Yoga® to better understand their spiritual practical and modern applications in our personal practice and eventually the classes we plan to lead. Throughout we will explore the teachings of Gurudev Shri Amritji Swami Kripalu and select passages from Patanjali's Yoga Sutras and The Bhagavad Gita as our road-map to enhance our understanding of yoga's rich depths history and continued relevance in our practice lives and today's modern world. Pre-Req: YO 112 Supply: \$55
1 Weekend
04/17/2026 - 04/19/2026 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - Putting It All Together & Yoga Therapy Assessment

YO 462 **Class Hours: 20.00** **Credits: 0.25**
In this Capstone course for the Yoga Therapy 1000 hour program students will develop test and refine a comprehensive intake form conduct intakes write up and present client protocol. Students will also complete two fully integrated sessions combining various modalities from their program and prepare a summary of their experience which may be presented. Graduation Supply Fee: \$50
Pre-Req: YO 463
3 Weeks
11/17/2026 - 12/8/2026 Tu/Th 6pm-10pm
\$400.00

Yoga - Therapeutic Postures I (YIN)

YO 456 **Class Hours: 20.00** **Credits: 1.00**
A slow methodical practice Yin yoga allows the body to help itself heal by putting the tissues under a moderate level of stress encouraging fluids in the muscles to safely regenerate into the tissue. This weekend-long Yin training will bring Taoist principles together into a practice that believes in the power of Yin and Yang. Poses are held anywhere from three to twelve minutes depending on certain conditions. Students in this course are taught alternative poses for various body types with and without the use of props to gain the tools needed from the very beginning. Sequencing is taught in order to facilitate the effect of the pose by the desire to get certain or all meridians flowing. Anatomy and physiology of tendons fascia and ligaments will be addressed and students will discover how the poses affect posture when muscles and tendons are shortened lengthened or tightened. Adjustments are also an integral part of this course to deepen or lessen a pose to gain maximum benefit. Text: \$23
5 Weeks
3/23/2026 - 4/20/2026 Mon 6-10:00pm
\$400.00

Yoga - Therapeutic Postures II (RESTORATIVE)

YO 477 **Class Hours: 30.00** **Credits: 1.00**
This workshop weekend can be likened to a mini-retreat. Learn how to deeply relax and restore vital energy necessary to living a whole and balanced life. Research has shown that deep relaxation affects us on a genetic level and can have profound and lasting benefits. Deep relaxation boosts the immune system and relieves fatigue anxiety and insomnia without the use of medication. Learn a series of asanas to facilitate deep relaxation through the use of yoga props including blankets straps pillows eye bags wedges and block. Supply fee: \$33 Text: \$33
8 Weeks
4/27/2026 - 6/22/2026 Mon 6-10:00pm
\$400.00

Yoga - Business of Yoga

YO 455 **Class Hours: 30.00** **Credits: 1.00**
Yoga is an avenue of employment and entrepreneurship. Both options will be thoroughly explored with emphasis given to building a professional resume and teaching portfolio as well as understanding Professional Liability national memberships and local trends. Text: \$15 Supply Fee: \$50 THIS CLASS WILL BE HELD AT SWIHA
8 Weeks
1/26/2026 - 3/16/2026 Mon 6-9:45pm
8/10/2026 - 10/5/2026 Mon 6-9:45pm
\$600.00

Yoga - Transformational Yoga Coaching

YO 506 **Class Hours: 40.00** **Credits: 1.75**
This class is specially designed to teach you the step-by-step process of working one-on-one with people using yoga as a transformational tool. Within the practice of hatha yoga there is a hidden language of metaphors symbolism and ancient wisdom all of which can be considered 'spiritually encoded.' By tapping into the mystical messages of the asana and learning the skill of artful sensitive inquiry the body becomes a spiritual tuning rod for revelation and divine guidance. As part of the class we will journey to a nearby mountain to experience the resonance of nature and its 'divinely destined' messages. The second weekend includes the opportunity to breakthrough any wall you may experience in your life metaphorically by utilizing a large 'yoga wall' as part of your Transformational Yoga Coaching experience. The outcome of the two weekends is YOU will have the tools to expand what you offer as a yoga teacher and serve as a facilitator of healing to those called to work with you. This class is held at SWIHA; First Sunday of the class is held at Utery Mountain Regional Park at 7:30 am. The second Sunday afternoon will be held at Spirit of Yoga. Note the class is two weekends with one weekend break in between. Supply fee: \$30
2 Weekends
3/20/2026 - 3/29/2026 F 6pm-10pm Sa/Su 9am-6pm
\$800.00

“The soul knows everything.
Be who you are and
your life will transform forever.”

—Deepak Chopra

Yoga Class Descriptions

Yoga - Yogic Bodywork

YO 537

Class Hours: 20

Credits: 0.5

Take yoga therapy to the mat by learning Thai style "Rock & Unlock" full body acupressure session completed with facilitated dialogue. Learn correct body mechanics and gain an understanding of the meridian system to help you facilitate this amazing yoga therapy experience. Supplies: \$20

5 Weeks

7/6/2026 - 8/3/2026

Mon 6-10:00pm

\$400.00

Yoga - Yogic Energy Anatomy & Chakras

YO 448

Class Hours: 20

Credits: 1

Yoga works with the energies in the body working toward restoration and system-ic balance. The main life-force energy in yoga prana flows through seven major energetic centers known as the chakras. The seven chakras point to physical, emotional and spiritual properties. This class is an overview of the body's energy centers, their function and the accumulation of physical/mental impurities that affect the functioning of the body/mind experience. This course will include a practical understanding of pranayama techniques (breath work) mudra and kriya as well as asana and meditative practices including the use of mantra as powerful tools toward spiritual and emotional cleansing. Some Yoga Asana experience recommended for this class. Text: \$32

5 Weeks

6/3/2026 - 7/8/2026

W 6pm-10pm

\$400.00



Transfer your 200 hr Yoga Teacher Training into Yoga Therapy



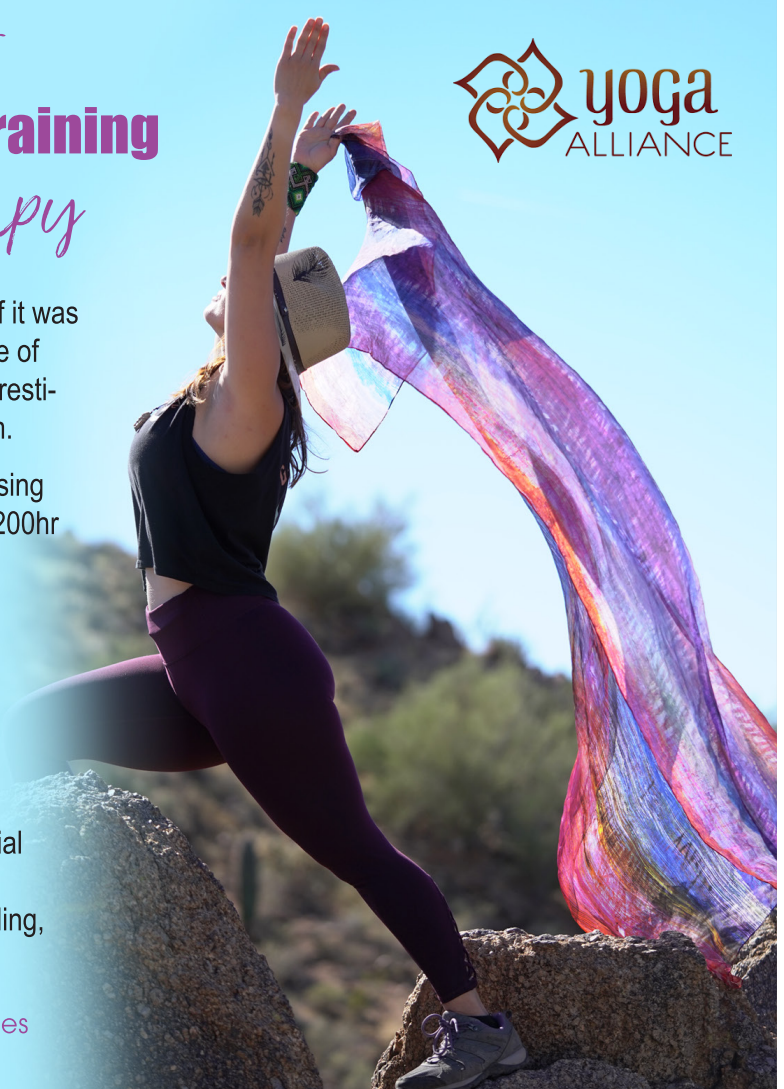
Wherever you took your Yoga Teacher Training — if it was Yoga Alliance-approved — you can transfer into one of SWIHA's Advanced Yoga Diplomas, including our prestigious 1000-Hour Integrative Yoga Therapy Program.

If you're seeking to dive deep into an all-encompassing yoga career, this program is for you. Build on your 200hr foundation with transformative coursework in:

- Yoga Nidra
- Integral Breath Therapy
- Sound Healing
- Polarity & Transformational Yoga Coaching
- ... and so much more.

You'll be supported by one of the only fully residential pathways to IAYT certification in the country. This is more than training — it's a community, a calling, and a catalyst for the healer within.

Call to speak to one of our Admissions Coaches
480-994-9244 or visit us at www.swiha.edu



Class Descriptions

Class Descriptions Important Key Abbreviations:

- **CEU-NCBTMB** = AZ CEU's are subject to pending approval by the AZ Massage Board; however, it is generally accepted that NCBTMB approved courses are eligible.
- **LEC** = Lecture class; bring paper, pen.
- **NA** = This class cannot be audited.
- **AUC** = Class can only be audited for credit (Pay half tuition for the class)
- **NRC** = This class is non-refundable.
- **PRERQ** = Prerequisite class required.
- **NO PRERQ** = Introductory class; no prerequisite required.
- **P\$** = Premium priced class.
- Material, Supply, and Text fees apply to date of print and are subject to change.
- All supply fees are non-refundable 14 days before class starts.
- Students auditing a class must pay supply fee, and purchase updated texts
- Low enrollment classes subject to cancellation.

All unclothed Massage Bodywork Classes require the Prerequisite MT200 Swedish Massage or a current or lapsed Massage License.

BW = Bodywork class that requires students to bring the following supplies:

- 2 sheets
- Face cradle cover
- Pillow case (for breast drape)
- Hand towel
- Bath towel
- Lotion/Oil
- Blanket (if desired to keep warm)
- Hand sanitizer

CEU

NCBTMB School Code: 032462
NCBTMB Provider Code: 450425-07
FAFSA Financial Aid School Code: 035933

A

Advanced Neck Release

MT 800 Class Hours: 5 Credits: 0.25

Neck work can be extremely effective when a therapist understands how to release residual tension from the Scalenes and intricate attachment points! Full ROM (range of motion) and "positional release" techniques will be taught. Pre-Req: LMT or TE 380 or student approval from an Associate Dean.

(CEU-NCBTMB)

1 day
11/7/2026 - 11/7/2026 Sa 9am-2pm
\$100.00

CEU

Advanced Professional Hypnotherapy ONLINE

HY 375-OL Class Hours: 10 Credits: 0.5

Show your clients that you have taken the time to further your education to better serve them with advanced hypnotherapy tools; stand out from other Hypnotherapists: Certified Master Hypnotherapists are considered to be at the top of their profession. The review and test can be administered at your convenience any time after you have completed your first 100 hours (HY105-OL HY205-OL & HY305-OL).

1/12/2026 - 2/15/2026
6/8/2026 - 7/19/2026
11/2/2026 - 12/13/2026
\$200.00

Online

Advanced Techniques in Hypnotherapy ONLINE

HY 415-OL Class Hours: 30 Credits: 1.25

Students will focus on advanced techniques of working with children and couples learning parts therapy, active imagination and trans-dialogue. Students will also develop a full program and presentation for group hypnosis. Group hypnosis is an excellent way to market and build your private practice. PRERQ: HY 301 or HY 305-OL

12/1/2025 - 1/11/2026
5/4/2026 - 6/7/2026
9/28/2026 - 11/1/2026
\$600.00

Online

Anatomy

MT 115 Class Hours: 60 Credits: 4

This course utilizes the latest research in whole brain learning so that the basics of the skeleton muscular system and articulations may be mastered. The fundamentals of anatomy are brought to life by the use of music guided imagery, rhythm dramatization games and song. This course will provide the road map to your training in massage and other bodywork. Materials Fee: \$15 Texts: \$85 8 weeks

1/12/2026 - 3/4/2026	M/W 9am-1pm
1/26/2026 - 3/16/2026	M/W 6pm-10pm
3/16/2026 - 5/4/2026	M/W 9am-1pm
4/13/2026 - 6/3/2026	M/W 6pm-10pm
6/1/2026 - 7/27/2026	M/W 9am-1pm
7/6/2026 - 8/24/2026	M/W 6pm-10pm
8/24/2026 - 10/14/2026	M/W 9am-1pm
9/21/2026 - 11/9/2026	M/W 6pm-10pm
11/9/2026 - 1/20/2027	M/W 9am-1pm

\$1200.00

Angels and Guides

IG 211 Class Hours: 24 Credits: 1.25

You will examine your readiness to meet your primary and secondary Spirit Guides, practice meditations for guidance and protection and learn to live in alignment with Divine guidance and flow. The emphasis of these two weekends is to understand the full spectrum of Angels and the Angelic Realm, explore the characteristics of Archangels and examine historical and contemporary Guardian Angels. You will discover the range of Ascended Masters and Guides healing Divinities and Deities and Saints and the archetypes they represent. You will also consider and explore Power Animals as Intuitive Messengers and discover your personal Power Animals and metaphors. Text: \$17 PRE-REQ: IG 111 2 weekends

3/27/2026 - 4/11/2026	Fri 6pm-10pm Sa 9am-6pm
10/2/2026 - 10/10/2026	Fri 6pm-10pm Sa 9am-6pm

\$480.00

Angels Guides & Ancestors ONLINE

SC 201-OL Class Hours: 30 Credits: 1.5

The Intuitive Coach helps clients connect with their angels, guides and ancestors. You will explore the characteristics of angels and the angelic realm, ascended masters guides divinities deities saints power animals, intuitive messengers and archetypes. You'll also practice using various divination tools to tap into a client's intuition and as a starting point for coaching conversations. PRERQ: SC 101-OL Text and Kit: \$70

2/16/2026 - 3/29/2026
3/30/2026 - 5/3/2026
7/20/2026 - 8/23/2026
8/24/2026 - 9/27/2026
12/14/2026 - 1/24/2027
\$600.00

Online

EFT Introduction / EFT Level I

TC 340 Class Hours: 8 Credits: 0.25

Open to everyone EFT Introduction/EFT Level I is a basic course designed to familiarize the students with the concept and basic protocol of Emotional Freedom Techniques. EFT utilizes fingertip tapping on specific meridian points while holding awareness of a physical or emotional pain or problem. This course covers the history philosophy and components of the EFT process the basic protocol and its application assessment and testing tools to determine progress as well as case histories and how to treat self others and stubborn cases.

1 day
5/30/2026 - 5/30/2026 Sa 9am-6pm
\$160.00

Applied Coaching Skills ONLINE

LC 201-OL

Class Hours: 30

Credits: 1.5

In this course coaches explore various theories about behavior change and motivation. These include Motivational Interviewing the Transtheoretical Model of Behavior Change and Self-Determination Theory. Students will then apply those theories using several coaching tools with practice clients. Text: \$23

PREREQ: LC 101-OL

2/16/2026 - 3/29/2026

7/20/2026 - 8/23/2026

12/14/2026 - 1/24/2027

\$600.00

Online

Applied Entrepreneurship

BC 542

Class Hours: 45

Credits: 3

This course explores the connections between social media public speaking and writing as key elements all successful entrepreneurs have in common. It doesn't matter if your business plan is global or local; having a social media presence is critical to reaching your clients and growing your business. This class explores how to create the kind of effective social media strategy you will need to thrive. You will also experience online webinars and how they might expand and supplement your ability to reach clients. Along the way you will discover your own creativity and expand your writing skills as they apply to furthering your businesses. Giving effective presentations whether they are online in a lecture hall or in an elevator is the final powerful tool for reaching your potential clients and helping them to transform and meet their full potential. The class offers tips and tools for effective presentations and gives you a chance to practice them by presenting in a variety of formats throughout the class. Students should be at least 90% complete with their program before taking. Pre-Req: BC 540

12 weeks

2/11/2026 - 4/29/2026

W 6pm-9:45pm

6/10/2026 - 9/2/2026

W 6pm-9:45pm

10/21/2026 - 1/27/2027

W 6pm-9:45pm

\$900.00

Applied Holistic Nutrition & Whole Foods Culinary II

HN 610

Class Hours: 30

Credits: 1.25

This advanced course expands on holistic nutrition and culinary practices deepening your understanding of food's role in lifelong health. You will explore global dietary approaches such as Blue Zones Mediterranean Ayurvedic Blood Type Paleo Ketogenic and plant-based diets with an emphasis on bio-individuality and personalized nutrition. Key topics include brain health intermittent fasting detoxification weight management and addressing food allergies and sensitivities. With a strong focus on bio-individuality you will gain the knowledge and tools to guide clients in selecting and adhering to dietary plans that support their unique health goals. Hands-on culinary lessons and instructor-led demos will complement each topic equipping you with practical skills in meal planning and preparation. Recipes will be gluten free dairy free and soy free. This course is restricted to students who are age 18 and over. When working in the kitchen the following requirements will be enforced: Attire: Closed-toe shoes required (no high heels). No exceptions. Students out of compliance will be turned away. Hair: Must be secured-clips for chin-length or shorter rubber bands for longer hair. Supplies: Bring two clean dish towels and one chef knife or Japanese vegetable knife. Textbooks: \$76 Supplies: \$85

8 weeks

1/6/2026 - 2/24/2026

Tu 6pm-9:45pm

\$600.00

Applied Techniques for Post-Traumatic Growth ONLINE

HY 545-OL

Class Hours: 30

Credits: 1.25

This course is about simple and effective ways to address safe recovery from PTSD. We will explore natural strategies and holistic methods to address and manage PTSD symptoms as well as develop techniques for growing and thriving. Text: \$37 PREREQ: HY 301 or HY 305-OL

1/12/2026 - 2/15/2026

2/16/2026 - 3/29/2026

6/8/2026 - 7/19/2026

11/2/2026 - 12/13/2026

\$600.00

Online

Aromatherapy - Essential Oil Hydrating Wrap

AR 125

Class Hours: 8

Credits: 0.25

This Aromatherapy treatment starts with dry brushing. Essential oils penetrate into tissues while the client is wrapped and relaxed. Students will learn the benefits of essential oils and household products that can be used for hydrating wraps. Bring sheets, bath towel and 3 hand towels PREREQ MT 200 or licensed or instructor approval. Supplies: \$20 BW (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

1 day

1/24/2026 - 1/24/2026

Sa 9am-6pm

7/12/2026 - 7/12/2026

Su 9am-6pm

\$160.00

CEU

Aromatherapy - Foot Chakra Reflexology for Bodyworkers

AR 115

Class Hours: 8

Credits: 0.25

This course trains students to skillfully integrate essential oils into foot reflexology treatment. Reflexology is a form of alternative therapy that utilizes pressure points to foster physical healing and when combined with the benefits of aromatherapy can be a powerful tool for opening the chakras facilitating emotional release and enhancing the clients receptivity to healing. Supplies \$20. (CEU-NCBTMB)

1 day

1/17/2026 - 1/17/2026

Sa 9am-6pm

6/21/2026 - 6/21/2026

Su 9am-6pm

\$160.00

CEU

Aromatherapy - Ginger Compress

AR 109

Class Hours: 4

Credits: 0.25

This course details the ancient healing use of ginger root as a powerful therapeutic treatment. Using fresh ginger and essential oils learn to release holding patterns, open energy flow and renew the nervous system. This is an excellent class for Aromatherapists, Bodyworkers and Spa Therapists. Bring sheets, bath towel and 3 hand towels (heating pad recommended) Supplies \$20. NOTE: Registration for this course closes the Thursday before the course starts. (CEU-NCBTMB)

1 day

11/1/2025 - 11/1/2025

Sa 2pm-6pm

3/14/2026 - 3/14/2026

Sa 2pm-6pm

7/11/2026 - 7/11/2026

Sa 2pm-6pm

10/31/2026 - 10/31/2026

Sa 2pm-6pm

\$80.00

CEU

Aromatherapy - Intro

AR 100

Class Hours: 20

Credits: 1.25

This excellent introductory course begins training students in the practice of extracting distilling and utilizing essential plant oils in order to harness their renowned psychological and physical benefits. Learn both historical and modern day uses of this 1000 year old alternative therapy, the properties and methods of extraction and the differences between true and synthetic oils. Students will discover how to connect with oils for their own healing and that of their clients as well as practice blending oils and creating scents to complement massage therapy and other natural therapies. CONTRAINDICATED FOR PREGNANCY Supplies: \$124 (includes all supplies needed). (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before the course starts.

1 weekend

1/9/2026 - 1/11/2026

F 6pm-10 pm Sa/Su 9am-6pm

4/30/2026 - 5/28/2026

Th 9am-1pm

5/15/2026 - 5/17/2026

F 6pm-10 pm Sa/Su 9am-6pm

9/18/2026 - 9/20/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

CEU

Aromatherapy - Massage with Oils

AR 425

Class Hours: 16

Credits: 0.5

Experience the connection of body mind and spirit using true essential oils. Learn how oils affect the parasympathetic and sympathetic nervous systems enhancing their role in wellness. Students will learn how to blend oils and massage this intricate system. PRE-REQ MT 200 instructor approval or must be a licensed massage therapist. Supplies: \$35. BW (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before the course starts.

1 weekend

7/25/2026 - 7/26/2026

Sa/Su 9am-6pm

\$320.00

CEU

Aromatherapy - Pet Care

AR 117

Class Hours: 4

Credits: 0.25

Not all pets tolerate essential oils well and the ones who do need special care in safety dosage and application. When applied properly oils can support pets physically and emotionally. Topics range from separation anxiety to flea control and first aid. Supply fee \$10. (No pets allowed in class.) NOTE: Registration for this course closes the Thursday before the course starts.

1 day

6/6/2026 - 6/6/2026

Sa 2pm-6pm

\$80.00

Aromatherapy - Pharmacology

AR 110

Class Hours: 8

Credits: 0.5

This course aims to cultivate responsible aromatherapy practitioners by grounding students with a basic understanding of organic chemistry as related to the use of essential oils. Students will review the classification of essential plant oils and learn their interactions, side effects and contraindications. PREREQ: AR100 (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

2 days

7/17/2026 - 8/14/2026

Fri 6pm-10pm

\$160.00

CEU

AR 120	Class Hours: 8	Credits: 0.25
<p>Bringing together the science of aromatherapy with the physical and emotional benefits of a therapeutic touch, this introductory course trains students to interact with the body's physical and energetic fields and enhance healing by skillfully incorporating essential oils into a bodywork session. Supplies: \$20.</p> <p>NOTE: Registration for this course closes the Thursday before the course starts.</p> <p>1 day</p>		
11/8/2025 - 11/8/2025	Sa 9am-6pm	
1/18/2026 - 1/18/2026	Su 9am-6pm	
6/20/2026 - 6/20/2026	Sa 9am-6pm	
11/7/2026 - 11/7/2026	Su 9am-6pm	
\$160.00		

AR 300	Class Hours: 4	Credits: 0.25
<p>This course applies aromatherapy practice to toning and detoxification treatments. Learn the properties and uses of essential oils and ways that tone skin and detoxify the body. Among other ailments students will learn to treat cellulite as well as how to incorporate responsible diet and exercise practices into treatment. This is a detailed aromatherapy lecture class. Supplies: \$20.</p> <p>(CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before the course starts.</p>		
1 day		
11/1/2025 - 11/1/2025	Sa 9a-1pm	
3/14/2026 - 3/14/2026	Sa 9a-1pm	
7/11/2026 - 7/11/2026	Sa 9a-1pm	
10/31/2026 - 10/31/2026	Sa 9a-1pm	
\$80.00		

AR 222	Class Hours: 12	Credits: 0.5
<p>Study specific uses and applications of individual oils and blends for the health and well-being for both the masculine and feminine including conditions that are unique to one sex or shared by all. This is a great class for Aromatherapy students practitioners and holistic health care professionals specializing in holistic wellness. Also learn signature blending tips for creating scents for products for both the feminine and masculine. Supplies \$25 (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before the course starts.</p>		
1 weekend		
4/18/2026 - 4/19/2026	Sa/Su 9am-4pm	
8/22/2026 - 8/23/2026	Sa/Su 9am-4pm	
\$240.00		

AR 106	Class Hours: 20	Credits: 1.25
<p>This class is designed for energy workers, life coaches, hypnotherapists, toe readers as well as anyone who would like to infuse the power of essential oils in their sacred work. Together we will explore the use of oils for protection, empowerment and release. Use for your environment yourself as a facilitator and for your clients' spiritual and emotional needs. This is a very detailed class that will include hands-on use of essential oils in a variety of applications. Supply Fee: \$75 Text: \$20 NOTE: Registration for this course closes on the Thursday before the course starts.</p>		
1 weekend		
6/12/2026 - 6/14/2026	F 6pm-10 pm Sa/Su 9am-6pm	
\$400.00		

AR 107-OL **Class Hours: 30** **Credits: 1.5**

Essential oils and flower essences can add an important layer to work with clients. However full-strength essential oils can be triggering for clients during hypnotherapy sessions and overstimulating to some people during rituals and ceremonies. In this course you'll learn how to safely use both essential oils and flower essences for protection, empowerment, emotional well-being and release. Use for your environment yourself as a facilitator and for your client's spiritual and emotional needs. This is a very detailed class that will include hands-on use of essential oils in a variety of applications. Text: \$20 Kit: \$70

12/1/2025 - 1/11/2026
 1/12/2026 - 2/15/2026
 3/30/2026 - 5/3/2026
 5/4/2026 - 6/7/2026
 6/8/2026 - 7/19/2026
 8/24/2026 - 9/27/2026
 9/28/2026 - 11/1/2026
 11/2/2026 - 12/13/2026

\$600.00

AR 101	Class Hours: 32	Credits: 2
<p>This advanced course builds upon the fundamentals instilled in the introductory course to expand and deepen the student's knowledge and practice. As an in-depth study of the applications of essential oils the course teaches students a range of treatment forms and application methods to enhance and maintain physical, emotional and spiritual health. Learn to skillfully integrate essential oils into a variety of therapeutic applications as well develop a thorough understanding of contraindication. Combining customer blends is emphasized. Pre-Req: AR 100. CONTRAINDICATED FOR PREGNANCY (CEU-NCBTMB) Text: Same as AR 100 Supplies: \$135 NOTE: Registration closes the Thursday before course start.</p> <p>2 weekends 7/18/2026 - 8/16/2026 \$640.00</p>		
	Sa/Su 9am-6pm	

EL 146	Class Hours: 20	Credits: 1
<p>Auriculotherapy is a therapeutic intervention in which stimulation of the ear is utilized to alleviate health conditions in other parts of the body. Originally based upon the ancient Chinese practice of acupuncture and sometimes referred to as "ear reflexology" in layman's terms. The course includes exploring master points, emotional points and specific protocols are taught including addiction relief. Supplies: Students must bring two hand towels for use during class. Supplies: \$50 (CEU-NCBTMB)</p>		
5 weeks		<div style="border: 1px solid black; border-radius: 50%; width: 100px; height: 100px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="color: red; font-size: 2em; font-weight: bold; text-align: center;">CEU</div> </div>
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
9/25/2026 - 10/23/2026	Fri 9am-1pm.	
12/18/2026 - 12/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
\$400.00		

AR 122-OL **Class Hours: 40** **Credits: 2**

Based on the ancient Chinese practice of acupuncture, Auriculotherapy is sometimes referred to as "ear reflexology." It is a therapeutic intervention in which the ear is stimulated to alleviate emotional imbalances and health conditions in other parts of the body. Specific protocols include: The Master Change Protocol weight management smoking abatement prosperity programming and Dimensionality Protocol. Special attention will be given to how hypnotherapists can use this modality with clients safely and ethically. Text: \$20. Kit: \$45

PREREQ: AR 107-OL

1/12/2026 - 2/15/2026
2/16/2026 - 3/29/2026
6/8/2026 - 7/19/2026
11/2/2026 - 12/13/2026

\$800.00

Online

WH 360	Class Hours: 49	Credits: 1
Supervised hands-on experiential herbalism in one of four arenas: cultivation clinical retail or independent application. Completion varies with individual projects. The instructor will clarify the schedule. PRERQ WH 100.		
Materials fee: \$100		
8 months		
1/8/2026 - 9/2/2026		
\$980.00		

Baby Craniosacral Therapy	Class Hours: 12	Credits: 0.25
<p>Baby Craniosacral Therapy (BCST) is designed to teach Craniosacral Unwinding practitioners as well as massage therapists and birth doulas to release the fascia (connective tissue) of the infant or toddler's body. Recognizing the monumental process of the soul coming into human form BCST has been proven to help with nursing and sleep issues, colic gas and reflux teething conditions of the nervous system babies who favor turning their heads to one side and other structural conditions, birth issues and traumas. By assessing and deeply listening to what is being communicated practitioners can assist a baby in acclimating and fully inhabiting their body. Infants and toddlers rest fully clothed on a massage table or in the caregiver's lap. The touch is very gentle and the conversation with the caregiver flows and is empowering. Most children find the sessions to be deeply relaxing and will often sleep more deeply and for longer stretches after a BCST session. Pre-Req: PC 850</p>		
1 weekend		
5/2/2026 - 5/3/2026	Sa/Su 9am-4pm	
10/10/2026 - 10/11/2026	Sa/Su 9am-4pm	
\$240.00		

Baby Touch

CB 410 **Class Hours: 12** **Credits: 0.25**
 Massage Therapists and Birth Doula's are taught how to teach parents and caregivers to massage their own babies. Learn the infant protocol including age appropriate variations and teaching others. Role-playing and actual hands-on experience with caregivers and infants. Please bring a life-sized baby doll to learn and practice techniques. Invite a parent and infant to class on Saturday & Sunday afternoons. Pre-Req: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)
 1 weekend
 11/1/2025 - 11/2/2025 Sa/Su 9am-4pm
 3/28/2026 - 3/29/2026 Sa/Su 9am-4pm
 8/29/2026 - 8/30/2026 Sa/Su 9am-4pm
 \$240.00

CEU**Botany**

SC 250 **Class Hours: 45** **Credits: 3**
 This course grounds the aspiring herbalist in the basics of plant biology from the classification and properties of plants to the cultivation and application of herbs and oils. In addition to rigorous lessons students receive the benefit of regular hands-on labs which fosters experiential learning by allowing them to apply their training immediately. Texts: \$71 Material fee: \$16.
 3 weekends
 1/24/2026 - 3/22/2026 Sa/Su 9am-5:30pm
 \$900.00

Breast Health - Intro

TE 146 **Class Hours: 8** **Credits: 0.5**
 Breast health is a part of every woman's wellness as well as a way to release the stress held in the pectoral and rhomboid muscles. You will receive an overview of the lymphatic system specific to the breast as well as demonstrate and practice lymphatic brushing and a lymphatic breast flush protocol. You will deepen your understanding of pectoral anatomy and how to best work with the underlying muscles that create neck back and upper chest relief to provide easy breathing and the release of muscular tension. Additional topics covered include techniques for working with breast implants and scar tissue. Aromatherapy recommendations are included. You will discuss how to prepare for possible emotional releases that may be experienced when working directly over the heart chakra. Bring two sheets, lotion, bolster and two small towels. PRE-REQ: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB) Supply Fee: \$10
 2 weeks
 11/5/2025 - 11/12/2025 W 9am-1pm
 7/22/2026 - 7/29/2026 W 9am-1pm
 8/31/2026 - 9/14/2026 M 6pm-10pm
 2 days
 1/5/2026 - 1/12/2026 M 6pm-10pm
 \$160.00

CEU**Building Resiliency & Stress Management**

TC 150 **Class Hours: 24** **Credits: 1.5**
 In this course you will explore the nature of optimism and pessimism in resiliency and its application to various populations. You will learn the adversity evaluation and the dis-entanglement of emotions, and develop skills and strategies to prevent destructive behavior such as 'thinking traps' and cognitive distortion (catastrophizing). You will understand the elements and effects of stress physically, emotionally mentally and spiritually with skills to avoid the negative effects of stress and how to present the materials to others. You will experiment with breathing and focusing techniques and its applications for your private practice. Text: \$22
 6 weeks
 12/1/2025 - 1/26/2026 M 6pm-10pm
 4/15/2026 - 5/20/2026 W 6pm-10pm
 7/27/2026 - 8/31/2026 M 6pm-10pm
 \$480.00

Business Development & Entrepreneurial Support

BC 540 **Class Hours: 40** **Credits: 2.25**
 This course is designed for the student who has completed 75% or more of their program and is ready to start or grow their holistic practice. This course is focused on the implementation of effective marketing and action steps to create a plan of how each individual will "show up" in their desired market. Students are coached through the stages of entrepreneurship. Each phase of business development is discussed with emphasis on exploring ALL the holdbacks a student may have to accomplish their dreams and goals. High performance and personal coaching techniques are used as well as honest feedback and accountability. Group support and recognition are key components in this experience. Supply Fee: \$32 Text: \$20 (CEU-NCBTMB)
 10 weeks
 11/10/2025 - 2/9/2026 M 6pm-10pm
 3/23/2026 - 6/1/2026 M 6pm-10pm
 8/3/2026 - 10/12/2026 M 6pm-10pm
 \$800.00

CEU**Business in Action**

BC 543 **Class Hours: 20** **Credits: 1**
 Unlock your potential with this transformative course that equips individuals with the tools to overcome blocks breakthrough limiting beliefs and successfully launch a thriving professional practice. Drawing upon the knowledge gained in prior SWIHA business courses (BC 540 and BC 542) participants will embark on a guided step-by-step journey implementing SWIHA's signature business-in-box. By fostering a powerful internal shift from practitioner to thriving professional this course empowers individuals to turn their dreams into vibrant realities. Pre-Req: BC 540 & BC 542.
 5 weeks
 2/11/2026 - 3/11/2026 W 6pm-10pm
 5/6/2026 - 6/3/2026 W 6pm-10pm
 9/9/2026 - 10/7/2026 W 6pm-10pm
 \$400.00

Business of Intuitive Guidance

IG 401 **Class Hours: 20** **Credits: 1.25**
 Learn the business of Intuitive Guidance! This course offers you the essential business elements to form your practice as a holistic practitioner. You learn how to move from inception into action and success with prosperity consciousness. Pre-Req: IG 301
 1 weekend
 12/12/2025 - 12/14/2025 F 6pm-10 pm Sa/Su 9am-6pm
 5/29/2026 - 5/31/2026 F 6pm-10 pm Sa/Su 9am-6pm
 12/11/2026 - 12/13/2026 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Business Practices for Massage Therapists

BC 304 **Class Hours: 20** **Credits: 1.25**
 This course delves into professionalism & best practices. Whether you plan to work for someone as an employee or work for yourself this course will help you to develop SMART Goals as well as understand your Strengths, Challenges, Opportunities, Tendencies and Trends. You will develop your own professional Code of Ethics and practice navigating ethical dilemmas. Upon completion you will have a finished resume cover letter and many other tools to help you reach your professional goals in the field of massage therapy. FOR MASSAGE PROGRAM STUDENTS ONLY. NOT FOR CEU.
 5 weeks
 7/7/2026 - 8/4/2026 Th 6pm-10pm
 7/13/2026 - 8/10/2026 M 9am-1pm
 \$400.00

C**Canine Massage**

EL 600 **Class Hours: 4** **Credits: 0.25**
 Learn to massage healthy dogs for the benefit of relaxation and calming. Discover the difference between 'just petting' an animal and applying a step-by-step canine massage protocol with a wide variety of strokes including a 'walk & work' routine. Review the contraindications of canine massage and learn how to give a 'therapeutic touch' treatment focusing on the animal's chakra areas. Bring a real dog or a stuffed dog of your own along with a sheet mat or blanket for them. Dogs must be obedience trained; aggressive dogs will be asked to leave the class to ensure a safe space for everyone. CLASS SIZE WILL BE LIMITED TO 12 PEOPLE. (CEU-NCBTMB)
 1 day
 11/1/2025 - 11/1/2025 Sa 9am-1pm
 2/21/2026 - 2/21/2026 Sa 9am-1pm
 6/6/2026 - 6/6/2026 Sa 9am-1pm
 10/31/2026 - 10/31/2026 Sa 9a-1pm
 \$80.00

CEU**Carpal Tunnel/Thoracic Outlet Release**

TE 160 **Class Hours: 8** **Credits: 0.25**
 This course teaches the release and rehabilitation of residual tension syndromes including carpal tunnel and thoracic outlet. Learn techniques to address the root of the disorder in addition to symptom control. PRE-REQ: MT 200 SWEDISH OR LICENSED BW (Please bring required BW supplies plus 2 standard sized pillows) (CEU-NCBTMB)
 2 weeks
 2/23/2026 - 3/2/2026 M 9am-1pm
 9/28/2026 - 10/5/2026 M 9am-1pm
 1 day
 6/6/2026 - 6/6/2026 Sa 9am-6pm
 10/25/2026 - 10/25/2026 Su 9am-6pm
 \$160.00

CEU

Celebrate Your Light - Celebrant & Ordination Preparation ONLINE
SP 465-OL **Class Hours: 0** **Credits: 0**

Students of the Spiritual Studies program have the option of becoming officially ordained as a Minister or Celebrant. Ordination culminates with a biosketch and a service project. **PREREQ:** Completion of Online in-program Spiritual Studies Concentration (200 course hours). Fee: \$150 Supply for stole \$50 total \$200
 12/1/2025 - 12/1/2025
 2/16/2026 - 3/29/2026
 5/4/2026 - 6/7/2026
 7/20/2026 - 8/23/2026
 9/28/2026 - 11/1/2026



Coaching the Hero Within
TC 120 **Class Hours: 24** **Credits: 1.5**
 Learn to recognize the developmental stages and archetypes of clients' growth. You will explore areas of human development from infancy to late adulthood through a transpersonal lens by exploring in-depth the eight steps of the hero's journey. Text: \$22
 6 weeks
 12/3/2025 - 1/21/2026 W 6pm-10pm
 4/6/2026 - 5/11/2026 M 6pm-10pm
 7/29/2026 - 9/2/2026 W 6pm-10pm
 \$480.00

Cognitive Well-Being & Social Responsibility ONLINE
TP 115-OL **Class Hours: 25** **Credits: 1.5**
 We are living in a unique era. We have access to information at our fingertips yet not all of that information is accurate. How do we differentiate between known fact possibility bias manipulation propaganda misinformation and intentional disinformation? How do we become the spiritual and social leaders that we would've wanted for ourselves? This course uses the tools of critical thinking, ethical decision-making and compassion to find a balance between individual rights and social responsibilities. Text: \$21
 1/12/2026 - 2/15/2026
 3/30/2026 - 5/3/2026
 6/8/2026 - 7/19/2026
 7/20/2026 - 8/23/2026
 8/24/2026 - 9/27/2026
 11/2/2026 - 12/13/2026
 12/14/2026 - 1/24/2027
 \$500.00



Comprehensive CPR
MT 540 **Class Hours: 5** **Credits: 0.25**
 Learn these life-saving techniques which are recommended for everybody! CPR e-card will be ordered upon successful completion of the class. Payment in full at time of registration. **LATE STUDENTS WILL NOT BE ADMITTED.** Supplies: \$26 includes textbook. Textbook distributed/required at the beginning of class. (AZ-CEU eligible... Not eligible for NCBTMB CE) **NON-REFUNDABLE** NA
 1 day
 12/6/2025 - 12/6/2025 Sa 9am-2pm
 1/17/2026 - 1/17/2026 Sa 9am-2pm
 1/26/2026 - 1/26/2026 M 9am-2pm
 2/7/2026 - 2/7/2026 Sa 9am-2pm
 2/19/2026 - 2/19/2026 Th 9am-2pm
 3/7/2026 - 3/7/2026 Sa 9am-2pm
 5/26/2026 - 5/26/2026 Tu 9am-2pm
 6/7/2026 - 6/7/2026 Su 9am-2pm
 7/18/2026 - 7/18/2026 Sa 9am-2pm
 9/26/2026 - 9/26/2026 Sa 9am-2pm
 10/19/2026 - 10/19/2026 M 9am-2pm
 \$100.00

Conscious Living & Urban Farming
CC 450 **Class Hours: 30** **Credits: 2**
 Learn the foundations of how to plan, implement and maintain your own garden through the lens of sustainability practices. With the growing concern and impact of global warming students will learn how to impact the health and well-being of individuals and the world. The topics discussed will include toxicity and healthy solutions for the air we breathe, the food we eat and the water we drink. Learn a sustainable approach to the basics including water harvesting seed saving tool usage and harvesting the food that has been grown. Text: \$70 Supplies: \$35
 8 weeks
 10/22/2026 - 12/17/2026 Th 6-9:45pm
 \$600.00

Shift your perception
 of the world and others will never
 perceive you the same!

Corporate Chair
MT 301 **Class Hours: 8** **Credits: 0.25**
 Expand your Chair Massage knowledge & integrate trigger point work stretches and the use of tools into your work. Explore ways to market Chair Massage & enhance your practice too! Bring a face cradle cover or pillow case and a hand towel. **PRERQ:** MT 200 or Licensed (**CEU-NCBTMB**)
 1 day
 3/14/2026 - 3/14/2026 Sa 9am-6pm
 10/3/2026 - 10/3/2026 Sa 9am-6pm
 2 weeks
 5/8/2026 - 5/15/2026 Fri 9am-1pm.
 \$160.00



Cranial Anatomy - Listening Skills
PC 855 **Class Hours: 16** **Credits: 0.75**
 This class entails the fundamentals of cranial anatomy taken to a deeper level through listening skills. Learn the anatomy and palpation skills to potentize the Craniosacral System for total health. **PRE-REQ:** PC 850 AUC
 1 weekend
 7/11/2026 - 7/12/2026 Sa 9am-6pm
 10/17/2026 - 10/18/2026 Sa/Su 9am-6pm
 \$320.00

Cranial Unwinding - Clinic
PC 961 **Class Hours: 30** **Credits: 0.5**
 Polarity and Cranial Clinic provides students the opportunity to practice their skills in a supervised setting. Students will provide sessions to the public with support from the Polarity/Cranial Instructor. Case supervision and consultation will be held between sessions in order for students to fully integrate their experience of providing Polarity or Cranial sessions to the public. **PRE-REQ:** PC 850 + PC 200 + PC 400 AUC
 2 weekends
 12/6/2025 - 12/14/2025 Sa 9am-6pm Su 9am-5pm
 5/9/2026 - 5/17/2026 Sa 9am-6pm Su 9am-5pm
 8/22/2026 - 8/30/2026 Sa 9am-6pm Su 9am-5pm
 12/5/2026 - 12/13/2026 Sa 9am-6pm Su 9am-5pm
 \$600.00

Cranial Unwinding I
PC 850 **Class Hours: 20** **Credits: 1**
 The craniosacral rhythms are at the core of the body's pulse; learning to palpate and balance them is like discovering the ebb and flow of the ocean. By contacting the tissue in this way areas of the body which have become devitalized or overcharged have an opportunity to reconnect with the primary healing core energy of the body. Craniosacral work is taught from a Polarity perspective focusing on energy connections. **BW (CEU-NCBTMB)**
 1 weekend
 11/21/2025 - 11/23/2025 F 6pm-10 pm Sa/Su 9am-6pm
 2/13/2026 - 2/15/2026 F 6pm-10 pm Sa/Su 9am-6pm
 5/15/2026 - 5/17/2026 F 6pm-10 pm Sa/Su 9am-6pm
 7/24/2026 - 7/26/2026 F 6pm-10 pm Sa/Su 9am-6pm
 10/23/2026 - 10/25/2026 F 6pm-10 pm Sa/Su 9am-6pm
 5 weeks
 3/19/2026 - 4/16/2026 Th 9am-1pm
 6/4/2026 - 7/9/2026 Th 9am-1pm
 8/27/2026 - 9/24/2026 Th 9am-1pm
 11/12/2026 - 12/17/2026 Th 9am-1pm
 \$400.00



Cranial Unwinding II
PC 860 **Class Hours: 24** **Credits: 1**
 Students gain a deeper appreciation of the cranial bones and the palpatory art of unwinding. Class focuses on physical and energetic techniques for still point induction strain and counter strain direction of energy and introduction to the facial bones. **PRERQ:** PC 850 Cranial Unwinding I. **BW (CEU-NCBTMB)** AUC
 1 weekend
 6/26/2026 - 6/28/2026 Fri-Su 9am-6pm
 10/30/2026 - 11/1/2026 Fri-Su 9am-6pm
 \$480.00



Cranial Unwinding III
PC 870 **Class Hours: 24** **Credits: 1**
 Previously learned techniques are integrated with the work of the cranial vault and facial bones. Verbal emotional and psychological processing is the focus of the class. Class objectives include: understanding scope of practice cycle of energy process review of Craniosacral Anatomy experience energy process related to client's presenting issue perform sessions to tune into CSS understand Arcing learn to dialogue with an energy cyst explore Compression and more. **PRE-REQ:** PC 850 (**CEU-NCBTMB**) AUC
 1 weekend
 1/23/2026 - 1/25/2026 Fri-Su 9am-6pm
 8/14/2026 - 8/16/2026 Fri-Su 9am-6pm
 \$480.00



Cranial Unwinding IV

PC 880

Class Hours: 24

Credits: 1

This class entails deepening exploration of advanced unwinding Techniques from different Schools of Cranial. Vector Axis Alignment Point of Balanced Tension and Strain Counterstrain are explored in the context of unwinding trauma/injury and restoring Craniosacral and body alignment/function. PRE-REQ: PC 850 (CEU-NCBTMB) AUC

1 weekend

4/10/2026 - 4/12/2026

Fri-Su 9am-6pm

9/18/2026 - 9/20/2026

Fri-Su 9am-6pm

\$480.00

CEU



Death Dying & Afterlife

DD 101

Class Hours: 30

Credits: 1.75

The last great mystery of human life is death. No matter how much we deny fear or try to avoid the inevitable; death eventually comes to us all. We will discuss the integrative approaches of palliative and hospice care as well as spiritual beliefs about life, death and the afterlife. During this process you may confront your own feelings about death and dying and determine what "dying well" means for you personally. Supply Fee: \$25 Text: \$38

8 weeks

10/6/2026 - 12/1/2026

Tu 6pm-9:45pm

\$600.00

CEU

Death Dying & the Afterlife ONLINE

DD 101-OL

Class Hours: 30

Credits: 1.75

The last great mystery of human life is death. No matter how much we deny fear or try to avoid the inevitable; death eventually comes to us all. We will discuss the integrative approaches of palliative and hospice care as well as spiritual beliefs about life, death and the afterlife. During this process you may confront your own feelings about death and dying and determine what "dying well" means for you personally. Text: \$57

12/1/2025 - 1/11/2026

5/4/2026 - 6/7/2026

9/28/2026 - 11/1/2026

\$600.00

Online

Deep Tissue Sculpting

TE 220

Class Hours: 24

Credits: 0.75

Deep tissue sculpting affects the deeper structures of the musculoskeletal system, the skin and more superficial fascia through deep slow compressions and strokes. Students will learn the philosophy and physiological effects of Deep Tissue Sculpting set up and ergonomics for the massage therapist as well as demonstrate various protocols. Supply Fee: \$13 Pre-Req: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

6 weeks

12/3/2025 - 1/21/2026

W 6pm-10pm

6/2/2026 - 7/14/2026

Tu 9am-1pm

8/12/2026 - 9/16/2026

W 6pm-10pm

\$480.00

CEU

Dreams & Metaphors ONLINE

HY 477-OL

Class Hours: 30

Credits: 1.25

Dreams and Metaphors are powerful tools for understanding who we are and what we are about. This course explores the depths of our subconscious mind through the work of hypnosis and the art of the metaphor. Students will explore techniques developed by Milton Erickson as well as contributions by Fritz Pearls Carl Jung and others. Students will learn to use metaphors, dreams and storytelling as a vehicle for assisting clients in clarifying their ability to imagine what they want and transform into the art of manifestation. Text: \$20. PREREQ: HY 301 or HY 305-OL

2/16/2026 - 3/29/2026

7/20/2026 - 8/23/2026

12/14/2026 - 1/24/2027

\$600.00

Online



Earth Ceremonies ONLINE

BE 101-OL

Class Hours: 30

Credits: 1.5

This class teaches the student modern-day applications of herbs in sacred earth rituals just as they have been used in healing cleansing and blessing ceremonies around the world for centuries. Students will explore connections between plant life and the seasons of the earth in relation to the sun. Supply Fee: \$10 Text & kit: \$114

12/1/2025 - 1/11/2026

1/12/2026 - 2/15/2026

5/4/2026 - 6/7/2026

9/28/2026 - 11/1/2026

\$600.00

Online

38 Class Descriptions

East Indian Head Acupressure

RF 218

Class Hours: 8

Credits: 0.25

This class honors the holograms of the head utilizing the marma points - the places on the head where two or more types of tissue meet such as muscles, veins, ligaments, bones or joints. The marma points are much more than a causal connection of tissue and fluids; they are intersections of the vital life force and prana or breath. According to Ayurveda theory marma points are where consciousness meets matter and where deep silence resides in the body. The protocol taught is part science and part the art of 'holding space' for deep relaxation and transformation. The protocol will be taught for adaptation to a corporate chair routine or for use in therapeutic massage or reflexology sessions. Please bring a towel. SUPPLIES: \$5 (CEU-NCBTMB)

1 day

4/12/2026 - 4/12/2026

Su 9am-6pm

6/28/2026 - 6/28/2026

Su 9am-6pm

11/1/2026 - 11/1/2026

Su 9am-6pm

\$160.00

CEU

Elder Touch - Medical

TE 302

Class Hours: 16

Credits: 0.5

Experience how to work responsibly with geriatric clients and patients. Contraindications explored in depth. A safe and effective protocol is taught to use with the elderly those with chronic illness or in frail health. PRERQ: MT 200 SWEDISH BW (CEU-NCBTMB)

4 weeks

12/8/2025 - 1/12/2026

M 9am-1pm

2/25/2026 - 3/18/2026

W 6pm-10pm

8/24/2026 - 9/21/2026

M 9am-1pm

9/23/2026 - 10/14/2026

W 6pm-10pm

\$320.00

CEU

End of Life Rituals & Ceremonies

DD 301

Class Hours: 40

Credits: 2

End-of-life ceremonies and rituals provide an opportunity to cultivate meaning, honor the transition between life and death, remember and release. Doulas have the opportunity to incorporate ceremony and ritual into the entire dying process. Students will explore ways to personalize end-of-life ceremonies to align with the client's values, purpose and personality. Pre-Req: DD 101

10 weeks

3/3/2026 - 5/5/2026

Th 6pm-10pm

\$800.00

End of Life Rituals & Ceremonies ONLINE

DD 301-OL

Class Hours: 40

Credits: 2

End-of-life ceremonies and rituals provide an opportunity to cultivate meaning, honor the transition between life and death, remember and release. Doulas have the opportunity to incorporate ceremony and ritual into the entire dying process. Students will explore ways to personalize end-of-life ceremonies to align with the client's values, purpose and personality. PREREQ: DD 101-OL

2/16/2026 - 3/29/2026

7/20/2026 - 8/23/2026

12/14/2026 - 1/24/2027

\$800.00

Online

Energetic Acupressure - Intro

EC 106

Class Hours: 16

Credits: 0.5

The healthy body is one in which energy flows freely especially along energetic pathways known as meridians. In this introductory acupressure class three major meridian flows will be taught also with strategic potent points for physical and emotional release and relaxation. Various reflexology holograms will be included in the protocol. This is a fully clothed hands-on modality and can easily be complementary to other bodywork. No PRE-REQ. Bring sheets to class. BW (CEU-NCBTMB)

1 weekend

12/6/2025 - 12/7/2025

Sa/Su 9am-6pm

1/31/2026 - 2/1/2026

Sa/Su 9am-6pm

8/1/2026 - 8/2/2026

Sa/Su 9am-6pm

12/5/2026 - 12/6/2026

Sa/Su 9am-6pm

\$320.00

CEU

Energetic Healing for Spiritual Guides ONLINE

SP 145-OL

Class Hours: 30

Credits: 1.5

Spiritual energy flows through and between everything that is. In this course students will explore ways to receive and utilize renewable energy from Source rather than mining the last drops of energy from limited sources. Students will learn how to keep the energy flowing through the body with daily routines and tools like sound vibration crystals and light waves. PREREQ: SP 162-OL

1/12/2026 - 2/15/2026

3/30/2026 - 5/3/2026

6/8/2026 - 7/19/2026

8/24/2026 - 9/27/2026

11/2/2026 - 12/13/2026

\$600.00

Online

Energy Healing & Hypnosis ONLINE

HY 345-OL

Class Hours: 10

Credits: 0.5

During hypnotherapy clients are in an altered state of consciousness. In this state energy has an intense direct effect on the experience. In this course you'll learn how to intentionally direct the energy through mindset, sound vibrations, aromatherapy and other tools. You'll also learn some homework exercises you can teach clients to use between sessions. PREREQ: HY 301 or HY 305-OL
1/12/2026 - 2/15/2026
6/8/2026 - 7/19/2026
11/2/2026 - 12/13/2026
\$200.00

Online

Entrepreneurs Journey 1: Departure ONLINE

HE 101-OL

Class Hours: 30

Credits: 2

This course invites you to depart on your own "Hero's Journey" - inviting you as a Healing Arts Professional or Health & Wellness Coach to step out on the path of becoming a Holistic Entrepreneur. You will examine and potentially reframe your mindset around your relationship to money business and making a difference in the world! You will have the opportunity to develop a mentoring relationship with your instructor who will also serve as your success coach. In this first of four courses in the Holistic Entrepreneurial Suite you will be coached through the first four stages of entrepreneurship.
12/1/2025 - 1/11/2026
2/16/2026 - 3/29/2026
5/4/2026 - 6/7/2026
7/20/2026 - 8/23/2026
9/28/2026 - 11/1/2026
12/14/2026 - 1/24/2027
\$600.00

Online

Entrepreneurs Journey 2: Initiation ONLINE

HE 102-OL

Class Hours: 30

Credits: 1.75

In this course you'll continue on the Entrepreneur's Journey by facing such challenges as registering your business name, designing your website, financial management and making tough decisions.
12/1/2025 - 1/11/2026
3/30/2026 - 5/3/2026
5/4/2026 - 6/7/2026
7/20/2026 - 8/23/2026
8/24/2026 - 9/27/2026
9/28/2026 - 11/1/2026
12/14/2026 - 1/24/2027
\$600.00

Online

Entrepreneurs Journey 3: Return ONLINE

HE 103-OL

Class Hours: 30

Credits: 1.75

In this course you will be coached through the last four stages of the Entrepreneur's Journey - The Return. You'll begin to see yourself as both a Coach/Practitioner and as a Holistic Entrepreneur seeing ways that those two identities can integrate within your values and daily actions. By the end of the class you will have published your website, shared your gifts with the world in a loving and profitable way and be prepared to answer the call to your next journey.
12/1/2025 - 1/11/2026
1/12/2026 - 2/15/2026
2/16/2026 - 3/29/2026
5/4/2026 - 6/7/2026
7/20/2026 - 8/23/2026
9/28/2026 - 11/1/2026
12/14/2026 - 1/24/2027
\$600.00

Online

Ethics for Massage Therapists

BC 301

Class Hours: 8

Credits: 0.5

Refresh and renew your understanding of professional ethics and boundaries for body workers. Define ethical practices, write your own business code of ethics, review different laws and how they affect a therapist and understand the importance of proper draping. (CEU-NCBTMB)
2 weeks
12/1/2025 - 12/8/2025 M 6pm-10pm
12/4/2025 - 12/11/2025 Th 6pm-10pm
7/8/2026 - 7/15/2026 W 9am-1pm
8/10/2026 - 8/17/2026 M/W 6pm-10pm
\$160.00

CEU

EFT Introduction / EFT Level I

TC 340

Class Hours: 8

Credits: 0.25

Open to everyone EFT Introduction/EFT Level I is a basic course designed to familiarize the students with the concept and basic protocol of Emotional Freedom Techniques. EFT utilizes fingertip tapping on specific meridian points while holding awareness of a physical or emotional pain or problem.
1 day
5/30/2026 - 5/30/2026 Sa 9am-6pm
\$160.00

Exploring the Ancestral Web of Belonging ONLINE

SP 156-OL

Class Hours: 30

Credits: 1.5

If we go back far enough our family trees become interconnected webs of belonging. Students will examine this web with vulnerability and grace, finding forgiveness for ancestors both near and distant who were doing the best that they could in the moment. Students will explore ways to honor the past, welcome belonging in the present and envision an integrated community of the future.
Text: Same as SP 152-OL + \$50 PREREQ: SP 152-OL
12/1/2025 - 1/11/2026
2/16/2026 - 3/29/2026
5/4/2026 - 6/7/2026
7/20/2026 - 8/23/2026
9/28/2026 - 11/1/2026
12/14/2026 - 1/24/2027
\$600.00

Online

F

Face-Lift Acupressure

EL 220

Class Hours: 4

Credits: 0.25

Discover the 15 minute acupressure face lift techniques that can be used to slow down or reverse the aging process we all experience. By using face lift points associated with the facial meridians one can gain immediate results that will help rejuvenate the muscles around the eyes and diminish wrinkles. Through supportive lifestyle practices such as proper diet and nutrition, positive thoughts and emotional well-being, good breathing and sleeping habits, use of vitamin and mineral supplements, exercise and a skin care program one can also learn how these habits will help maintain a youthful look. (CEU-NCBTMB)
1 day
12/5/2025 - 12/5/2025 Fri 6pm-10pm
1/30/2026 - 1/30/2026 Fri 6pm-10pm
7/31/2026 - 7/31/2026 Fri 6pm-10pm
12/4/2026 - 12/4/2026 Fri 6pm-10pm
\$80.00

CEU

Fears Phobias & Addictions ONLINE

HY 316-OL

Class Hours: 30

Credits: 1.25

Fears, phobias and habits extensively and counterproductively impact our general population. As a hypnotherapist you will explore the theory techniques and practices that will provide a practical and positive direction in determining the underlying cause and the emotional history of clients' paralyzing and damaging fears and phobias. Assessment tools and pragmatic trance state techniques will be emphasized throughout the course. PREREQ: HY 301 or HY 305-OL
2/16/2026 - 3/29/2026
7/20/2026 - 8/23/2026
12/14/2026 - 1/24/2027
\$600.00

Online

Fibromyalgia Therapy

TE 260

Class Hours: 16

Credits: 0.5

The pathology and pain of this syndrome is explored in depth. Study the trigger points involved with fibromyalgia and how meridian therapy can create significant relief. Lymphatic body brushing will be taught as well. PREREQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
4 weeks
1/21/2026 - 2/11/2026 W 9am-1pm
9/23/2026 - 10/14/2026 W 9am-1pm
10/19/2026 - 11/9/2026 M 6pm-10pm
1 weekend
3/28/2026 - 3/29/2026 Sa/Su 9am-6pm
\$320.00

CEU

First Aid

MT 520

Class Hours: 7

Credits: 0.25

First Aid Certification. Payment in full is required at time of registration. Supplies \$10. LATE STUDENTS WILL NOT BE ADMITTED. **AZ CEU is only eligible for 4 hours of CE credit.** NA NON REFUNDABLE
1 day
1/18/2026 - 1/18/2026 Su 9am-5pm
3/8/2026 - 3/8/2026 Su 9am-5pm
6/21/2026 - 6/21/2026 Su 9am-5pm
8/2/2026 - 8/2/2026 Su 9am-5pm
10/4/2026 - 10/4/2026 Su 9am-5pm
2 weeks
2/26/2026 - 3/5/2026 Th 9am-12:30pm
5/20/2026 - 5/27/2026
\$140.00

Flower Essences

AR 132

Class Hours: 16

Credits: 1

Flower essences are subtle liquid extracts generally taken in oral form which are used to address profound issues of emotional well-being, soul development and mind-body health. This course supplements traditional aromatherapy study by immersing students in the history use and effects of flower essences. Students will learn the precise application of flower essences for enhancing specific emotions and attitudes. Learn to integrate flower essences into your holistic practice and treat a variety of ailments. Please bring a 3-ring binder. Supplies \$35. NOTE: Registration for this course closes the Thursday before the course starts.

1 weekend

10/3/2026 - 10/4/2026

Sa/Su 9am-6pm

\$320.00

Foundations of Hypnotherapy Level I ONLINE

HY 105-OL

Class Hours: 30

Credits: 1.75

This course is an introduction to the subject of hypnosis. The history theory and evolution of this most interesting subject is explored in-depth and you will observe and practice introductory hypnosis techniques. Text: \$30. Supply fee: \$10

3/30/2026 - 5/3/2026

8/24/2026 - 9/27/2026

\$600.00

Online

Foundations of Hypnotherapy Level II ONLINE

HY 205-OL

Class Hours: 30

Credits: 1.5

This course offers a natural continuation of Hypnotherapy I. Advanced topics will be reviewed as students receive more in-depth information on the subject. As students' information and theory base increase so will their competence as a hypnotherapist. Text: \$28. Supply fee: \$10 PREREQ: HY 101 or HY 105-OL

12/1/2025 - 1/11/2026

5/4/2026 - 6/7/2026

9/28/2026 - 11/1/2026

\$600.00

Online

Foundations of Hypnotherapy Level III ONLINE

HY 305-OL

Class Hours: 40

Credits: 1.75

This course is a capstone experience preparing students to begin the practice of Hypnotherapy. Emphasis is on skill development and competence in specific areas of hypnosis. The topics of professional boundaries ethics marketing and business development will also be discussed. Text: \$40 PREREQ: HY 201 or HY 205-OL

1/12/2026 - 2/15/2026

6/8/2026 - 7/19/2026

11/2/2026 - 12/13/2026

\$800.00

Online

Foundations of Intuitive Coaching ONLINE

SC 101-OL

Class Hours: 30

Credits: 1.5

The foundation of spiritual coaching is the intuition that arises when coach and client connect energetically with each other and with Source. In this course you will begin to access and develop your intuition, determine your divine communication style(s) and explore the channels of divine communication. Text: \$18

1/12/2026 - 2/15/2026

2/16/2026 - 3/29/2026

6/8/2026 - 7/19/2026

7/20/2026 - 8/23/2026

11/2/2026 - 12/13/2026

12/14/2026 - 1/24/2027

\$600.00

Online

Foundations of Life Coaching ONLINE

LC 101-OL

Class Hours: 30

Credits: 1.75

Life Coaching is an ongoing partnership that helps people produce fulfilling results in their personal professional and spiritual lives. Through the process of coaching clients deepen their learning, improve their performance and enhance their quality of life. This foundational course introduces the common philosophies and objectives of client-centered coaching. This highly experiential class details multiple assessment tools tailored to the client's individual needs. Text: \$43

1/12/2026 - 2/15/2026

6/8/2026 - 7/19/2026

11/2/2026 - 12/13/2026

\$600.00

Online

Are you being 'called' to serve?

Call to speak to one of our Admissions Coaches

480-994-9244 or visit us at www.swiha.edu

G

GRIT for Success ONLINE

TP 106-OL

Class Hours: 30

Credits: 2

What is it that makes some people keep going no matter how many times they fall down? GRIT is the combination of perseverance, passion, tenacity, resilience, growth mindset, courage, conscientiousness, endurance, conviction and commitment. GRIT keeps someone working toward their long-term goals no matter how many obstacles they encounter. And GRIT can be developed. In this class you will recognize and cultivate those habits and beliefs that will help you complete your education at SWIHA as well as share your gifts and graces with the world in a loving and profitable way. Text: \$20. NO PRERQ.

1/12/2026 - 2/15/2026

2/16/2026 - 3/29/2026

3/30/2026 - 5/3/2026

5/4/2026 - 6/7/2026

6/8/2026 - 7/19/2026

7/20/2026 - 8/23/2026

\$600.00

Online

GRIT: Student Journey ONLINE

TP 107-OL

Class Hours: 15

Credits: 1

The SWIHA Student Journey follows a predictable pattern for most students. Knowing the pattern of the Hero's Journey normalizes it. It's easier to endure dips in the journey when you know most people share your experience. This course provides an opportunity to exhale together, regroup and revisit the concepts of GRIT: Growth Mindset Resilience Integration and Tenacity. What does GRIT mean for you at this stage in your journey and how can you apply it in your Health & Wellness Coaching practice? Text: \$13 (Same as HE 201-OL) PREREQ: TP 106-OL

1/12/2026 - 2/15/2026

2/16/2026 - 3/29/2026

3/30/2026 - 5/3/2026

5/4/2026 - 6/7/2026

7/20/2026 - 8/23/2026

\$300.00

Online

Grounded Spirituality & Modern Mysticism ONLINE

SP 152-OL

Class Hours: 30

Credits: 1.5

We are in an era of transformation - astrologically, politically and spiritually. Everyone in the world seems to be re-evaluating, realigning and refocusing on what is most important to them. The safe spiritual space created in this course will support you as in subsequent classes you begin to question the practices and beliefs of organized religion that may no longer serve you and your bigger-than-self purpose. The course structure focuses each week on the classical elements: earth water air fire and ether. This course invites you to reconnect with the spirituality of nature as a way to explore the nature of your personal spirituality. Text: \$20

1/12/2026 - 2/15/2026

3/30/2026 - 5/3/2026

6/8/2026 - 7/19/2026

8/24/2026 - 9/27/2026

11/2/2026 - 12/13/2026

\$600.00

Online

H

Hand & Wrist Health Maintenance

OE 320

Class Hours: 4

Credits: 0.25

Injury prevention is the key to longevity in your bodywork career. This class shows exercises stretches and bodywork techniques to help you relieve pain, prevent injury and maintain your hand and wrist health. Pre-Req: MT 200 SWED-ISH OR LICENSED. (CEU-NCBTMB)

1 day

11/22/2025 - 11/22/2025

Sa 9a-1pm

1/31/2026 - 1/31/2026

Sa 9a-1pm

6/13/2026 - 6/13/2026

Sa 9a-1pm

11/21/2026 - 11/21/2026

Sa 9a-1pm

\$80.00

CEU

Healing Botanicals I ONLINE

BE 201-OL

Class Hours: 30

Credits: 1.5

Rediscover the kinship we humans have with the Flora of the planet. You will learn how to connect with plants on a spiritual level. You will explore basic herbal remedies that can be used in personal rituals. PREREQ: BE 101-OL

1/12/2026 - 2/15/2026

2/16/2026 - 3/29/2026

6/8/2026 - 7/19/2026

11/2/2026 - 12/13/2026

\$600.00

Online

Healing Botanicals II ONLINE

BE 301-OL

Class Hours: 40

Credits: 2

In this course you will continue to explore the application of herbal remedies in spiritual rituals and ceremonies as well as the cultivation, harvest and invitation of traditional plants. PREREQ: BE 201-OL

2/16/2026 - 3/29/2026

3/30/2026 - 5/3/2026

7/20/2026 - 8/23/2026

12/14/2026 - 1/24/2027

\$800.00

Online

Heart Centered Leadership

TC 610

Class Hours: 20

Credits: 1.25

In a world that can feel disconnected and disjointed at times Heart-Centered Leaders are called to stand strong as they lead from the soul and not their wounds. Students will explore and embody the notion of leading from the heart through their personal work surrounding shame, resilience and courage. Learn to rise above personal, professional and cultural issues as you find your voice of truth and authenticity. PRERQ HC 101 Supplies: \$15 Text: \$28

5 weeks

4/1/2026 - 4/29/2026

W 6pm-10pm

5/27/2026 - 6/24/2026

W 6pm-10pm

11/4/2026 - 12/9/2026

W 6pm-10pm

\$400.00

HWC - Advanced Wellness Coaching 1 ONLINE

HC 301-OL

Class Hours: 30

Credits: 1.5

In this course you will experience coaching groups of people. You'll examine the group mindset process and motivation. You'll practice establishing trust and relationship within the group conducting activities creating group accountability without shame listening and sharing and holding space for difficult conversations. You'll explore the stages of group dynamics options for continuing support and ways to celebrate completion. In order to practice these skills you'll hold space for a support group on a topic of your choosing relevant to your experience and qualifications. Text: \$16 Pre-req: HC 201-OL Course has synchronous hours

7/20/2026 - 8/23/2026

12/1/2025 - 1/11/2026

12/14/2026 - 1/24/2027

\$600.00

Online

HWC - Advanced Wellness Coaching 2

HC 302

Class Hours: 30

Credits: 1.5

In this course you'll learn advanced coaching skills and techniques including motivational interviewing. Together with your classmates you'll discuss issues that arise as you coach volunteer clients. You'll support each other through the decision-making process that occurs during each unique health and wellness coaching session. Text: Same as HC 201. Supply Fee: \$26 Pre-Req: HC 201 5 weeks

2/26/2026 - 3/24/2026

Tu/Th 6pm-9:45pm

6/25/2026 - 7/28/2026

Tu/Th 6pm-9:45pm

10/29/2026 - 12/1/2026

Tu/Th 6pm-9:45pm

\$600.00

HWC - Advanced Wellness Coaching 2 ONLINE

HC 302-OL

Class Hours: 30

Credits: 1.5

In this course you'll learn advanced coaching skills and techniques including motivational interviewing. Together with your classmates you'll discuss issues that arise as you coach volunteer clients. You'll support each other through the decision-making process that occurs during each unique health and wellness coaching session. Supervision Fee: \$37.50 Text: (same texts as HC 101) Pre-req: HC 301-OL Course has synchronous hours

1/12/2026 - 2/15/2026

8/24/2026 - 9/27/2026

\$600.00

Online

HWC - Anatomy of Wellness ONLINE

HC 155-OL

Class Hours: 30

Credits: 1.5

In this health and wellness coaching course you will apply the stages of change to client-directed behavior changes that are recommended by public health initiatives such as smoking cessation moderating alcohol consumption, healthy nutrition and exercise. Supervision Fee: \$37.50 Text: (same texts as HC 101 & HC 201) Pre-req HC 101-OL Course has synchronous hours

5/4/2026 - 6/7/2026

9/28/2026 - 11/1/2026

\$600.00

Online

HWC - Foundations of Wellness Coaching

HC 101

Class Hours: 20

Credits: 1

Health & wellness coaches partner with clients seeking to enhance their well-being by effecting lasting changes aligned with their values. This foundational course focuses on developing the coach-client relationship necessary for client-centered wellness coaching. Supply Fee: \$20

1 weekend

1/16/2026 - 1/18/2026

F 6pm-10 pm Sa/Su 9am-6pm

5/15/2026 - 5/17/2026

F 6pm-10 pm Sa/Su 9am-6pm

9/18/2026 - 9/20/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

HWC - Foundations of Wellness Coaching ONLINE

HC 101-OL

Class Hours: 30

Credits: 1.5

Health & wellness coaches partner with clients seeking to enhance their well-being by effecting lasting changes aligned with their values. This foundational course focuses on developing the coach-client relationship necessary for client-centered wellness coaching. Text: \$109 Course has synchronous hours

1/12/2026 - 2/15/2026

6/8/2026 - 7/19/2026

11/2/2026 - 12/13/2026

\$600.00

Online

HWC - Health Conditions ONLINE

HC 156-OL

Class Hours: 30

Credits: 1.5

In this course you will apply the stages of change for physician-directed behavior changes. These lifestyle behavior changes are prescribed to help manage the symptoms of diagnoses such as diabetes metabolic syndrome cardiovascular disease hypertension cancer immune conditions and arthritis. You'll explore the struggles that frustrate people living with these conditions as well as tools for supporting them through those struggles. PRE-REQ: HC 101-OL Supervision Fee: \$37.50 Text: (same texts as HC 101) Course has synchronous hours

6/8/2026 - 7/19/2026

11/2/2026 - 12/13/2026

\$600.00

Online

HWC - Professional Wellness Coaching & Ethics

HC 201

Class Hours: 40

Credits: 2

This course builds on the foundation of wellness coaching in order to incorporate wellbeing assessments, specific behavior change models and the ethics of health & wellness coaching. You'll learn about the importance of communicating with the health care team and how to be part of the research process for establishing codes for medical billing. You will practice with tools for tracking behavior change and the moving goal posts that clients experience during a health crisis. Text: \$91 Supply Fee: \$30 Pre-Req: HC 101

5 weeks

1/22/2026 - 2/24/2026

Tu/Th 6pm-10pm

5/21/2026 - 6/23/2026

Tu/Th 6pm-10pm

9/24/2026 - 10/27/2026

Tu/Th 6pm-10pm

\$800.00

HWC - Professional Wellness Coaching and Ethics ONLINE

HC 201-OL

Class Hours: 30

Credits: 1.5

This course builds on the foundation of wellness coaching in order to incorporate wellbeing assessments, specific behavior change models and the ethics of health & wellness coaching. You'll learn about the importance of communicating with the health care team and how to be part of the research process for establishing codes for medical billing. You'll practice with tools for tracking behavior change and the moving goal posts that clients experience during a health crisis. Supervision Fee: \$37.50 Text: \$19 (same texts as HC 101 + one new text) Pre-req: HC 101-OL Course has synchronous hours

3/30/2026 - 5/3/2026

8/24/2026 - 9/27/2026

\$600.00

Online

HWC-NBHC Exam Prep ONLINE

HC 401-OL

Class Hours: 20

Credits: 1.25

In this health and wellness coaching course you will dig into the requirements for the NBHC credentialing exam. While preparing for the NBHC Exam you will also harness their GRIT for test-taking. The test content review includes Health & Wellness Coaching Structure Ethics/Legal and Coaching Process. Test-taking GRIT includes mindset emotional regulation during testing transfer of knowledge to new contexts and specific strategies for maximizing your score. Text: (same texts as HC 101 & HC 201) Pre-req-HWC 200 Course has synchronous hours (one hour/week)

2/16/2026 - 3/29/2026

9/28/2026 - 11/1/2026

\$400.00

Online

Hydrotherapy for Injury Management

TE 662 **Class Hours: 20** **Credits: 0.75**

Learn the history, physiology and applications of hydrotherapy in treating various types of basic injuries. General first aid & bandaging will also be demonstrated. This is great information for practitioners working with sports and rehabilitative therapies as well as broadening your practice. Required: You will need to bring: 2 sets Linens (twin sheet set) pillow case hand towels lotion cream or oil (student's preference) and bath towel. Bring a pen or pencil and paper. Supplies: \$25 Minimum 10 Enrollment to run. PRERQ: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)

1 weekend

12/12/2025 - 12/14/2025

F 6pm-10 pm Sa/Su 9am-6pm

8/21/2026 - 8/23/2026

F 6pm-10 pm Sa/Su 9am-6pm

5 weeks

6/4/2026 - 7/9/2026

Th 9am-1pm

\$400.00

CEU

Hypnotherapy - Advanced Techniques

HY 404 **Class Hours: 30** **Credits: 0.75**

Students will focus on advanced techniques of working with children and couples learning parts therapy, active imagination and trance-dialogue. Students will also develop a full program and presentation for group hypnosis. Group hypnosis is an excellent way to market and build your private practice. * Must have 8 students to run.*Supplies: \$32 Pre-Req: HY 301 or HY 301-OL.

2 weekends

6/6/2026 - 6/21/2026

Sa/Su 9am-5:30pm

\$600.00

Hypnotherapy - Certification Prep

HY 600 P\$ **Class Hours: 10** **Credits: 0.5**

Show your clients that you have taken the time to further your education to better serve them with advanced hypnotherapy tools; stand out from other Hypnotherapists: Certified Clinical Hypnotherapists are considered to be at the top of their profession. The review and test can be administered at your convenience any time after you have completed your first 100 hours (HY101-OL HY201-OL & HY301-OL). The official transcripts can be mailed with the application form to A.C.H.E. upon completion of 300 applicable course hours. There is a \$175 outside fee to be registered with A.C.H.E. The Clinical Preparation class is not to be used as an elective.

2 weekends

10/31/2026 - 11/7/2026

Sa 9am-2pm

\$200.00

Hypnotherapy - Dreams & Metaphors

HY 478 **Class Hours: 30** **Credits: 1**

Dreams and Metaphors are powerful tools for understanding who we are and what we are about. This course explores the depths of our subconscious mind through the work of hypnosis and the art of the metaphor. Students will explore techniques developed by Milton Erickson as well as contributions by Fritz Pearls Carl Jung and others. Students will learn to use metaphors, dreams and storytelling as a vehicle for assisting clients in clarifying their ability to imagine what they want and transform into the art of manifestation.Pre-Req: HY 301 or HY 301-OL. Supplies: \$58

8 weeks

9/8/2026 - 10/27/2026

Tu 6pm-9:45pm

\$600.00

Hypnotherapy - Fears Phobias & Addictions

HY 316 **Class Hours: 20** **Credits: 1**

Fears, phobias and habits extensively and counterproductively impact our general population. As a hypnotherapist you will explore the theory techniques and practices that will provide a practical and positive direction in determining the underlying cause and the emotional history of clients' paralyzing and damaging fears and phobias. Diagnostic and pragmatic trance state techniques will be emphasized throughout the course. Supplies: \$30 Pre-Req: HY 301 or HY 301-OL

1 weekend

8/7/2026 - 8/9/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

Hypnotherapy - Foundations Level I

HY 101 **Class Hours: 20** **Credits: 1.25**

This course is designed to give students an introduction to the subject of hypnosis. The history theory and evolution of this most interesting subject are explored in-depth and students observe and practice introductory hypnosis techniques. The course is a blend of lecture demos, discussion and practice of hypnosis technique. Supplies: \$28 Text: \$30

1 weekend

2/20/2026 - 2/22/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

Hypnotherapy - Foundations Level II

HY 201 **Class Hours: 40** **Credits: 2.5**

This course offers a natural continuation of Hypnotherapy I. Advanced topics will be reviewed as students receive more in-depth information on the subject. As students' information and theory base increase so will their competence as a hypnotherapist. Eight hours of Professional Boundaries and Ethics will be given as part of the class. Supply Fee: \$47 Text: \$28 Pre-Req: HY 101 or HY 101-OL

2 weekends

2/27/2026 - 3/15/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$800.00

Hypnotherapy - Foundations Level III Clinic

HY 301 **Class Hours: 40** **Credits: 1**

Hypnotherapy III is designed as a capstone experience preparing students to begin the practice of Hypnotherapy. Emphasis is on the student clinic where students will hypnotize volunteer clients under the supervision of the instructor in the student clinic. This course enhances skill development and competence. Text: \$40 PRERQ: HY 201 or HY 201-OL. THIS COURSE IS NOT ELIGIBLE FOR AUDIT.

2 weekends

4/17/2026 - 5/3/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$800.00

Hypnotherapy - Past Life Regression

HY 354 **Class Hours: 30** **Credits: 1**

Explore the concepts and techniques of accessing past life experiences leading to personal change and growth. Past life regression is applied to healing past traumas, changing karma, accessing creativity and changing relationship contracts. The answers to many questions are found within ourselves and our past histories. Minimum 10 Enrollment to run. PRE-REQ: First Half of HY 301 or HY 301-OL. AUC only

2 weekends

8/29/2026 - 9/20/2026

Sa/Su 9am-5:30pm

\$600.00

Hypnotherapy - Spirit Releasement

HY 450 **Class Hours: 12** **Credits: 0.5**

At the time of death a soul may become disoriented and not follow the normal pathway of moving into the Light. In such a case the soul may become attached to a living person creating a variety of difficulties and symptoms for the host. You will learn a holistic and compassionate approach to freeing those who have become so attached and thereby freeing the clients who have been affected by them. AUC only Supply fee: \$15

1 weekend

12/5/2025 - 12/6/2025

Fri 6pm-10pm Sa 9am-6pm

\$240.00

Influencers Journey ONLINE

HE 201-OL **Class Hours: 30** **Credits: 1.75**

This course invites you to begin the hero's journey from Holistic Entrepreneur to Influencer. First you will embody the growth mindset of an influencer by giving a voice to your purpose. Then as you embark on the journey to influence you will call upon your resilience, integrity and tenacity in order to integrate the behaviors of an influencer into your daily life. You will plan research draft revise edit publish speak network and inspire. By communicating about Health & Wellness you will start to bring potential clients to your coaching practice.Text: \$13 (same as TP 107) PREREQ: HE 103-OL. STUDENTS MUST COMPLETE HE 103-OL BEFORE TAKING THIS COURSE.

12/1/2025 - 1/11/2026

1/12/2026 - 2/15/2026

5/4/2026 - 6/7/2026

6/8/2026 - 7/19/2026

8/24/2026 - 9/27/2026

9/28/2026 - 11/1/2026

12/14/2026 - 1/24/2027

\$600.00

Online

Integrated Structural Bodywork - Cranium Neck and Jaw

MT 830 **Class Hours: 16** **Credits: 0.5**

Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of Cranium Neck and Jaw helping all these structures work symbiotically. Pre-Req: MT 200 or LMT. (CEU-NCBTMB)

1 weekend

9/19/2026 - 9/20/2026

Sa/Su 9am-6pm

\$320.00

CEU

Integrated Structural Bodywork - Low Back Pelvis and Legs**MT 810 Class Hours: 16 Credits: 0.5**

Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of low back pelvis and lower legs helping all these structures work symbiotically.

Pre-Req: MT 200 or LMT. (CEU-NCBTMB)

1 weekend

1/31/2026 - 2/1/2026

Sa/Su 9am-6pm

7/11/2026 - 7/12/2026

Sa/Su 9am-6pm

\$320.00

CEU

Integrated Structural Bodywork - Torso Shoulders and Arms**MT 820 Class Hours: 16 Credits: 0.5**

Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of Torso Shoulders and Arms helping all these structures work symbiotically.

Pre-Req: MT 200 or LMT. (CEU-NCBTMB)

1 weekend

8/8/2026 - 8/9/2026

Sa/Su 9am-6pm

\$320.00

CEU

Introduction to Herbalism Culinary Applications & First Aid**PH 110-OL Class Hours: 30 Credits: 1.5**

This course introduces herbalism to students through the practical applications of food preparation and home first aid. Within this context students will learn the basic tools of herbalism, basic herbal preparation methods and terminology.

Text: \$20

1/12/2026 - 2/15/2026

\$600.00

Online

Introduction to Holistic Entrepreneurship & Self-Empowerment**BC 530 Class Hours: 15 Credits: 1**

This course is designed to introduce you to your journey as a holistic entrepreneur and embark on the discovery of your next best self. Gain clarity. Provide direction. Create structure. Take action. Maintain the tools necessary to discipline yourself and consistently move forward without the loss of motivation or be held back by excuses and self-defeating behaviors. This course emphasizes a focus on YOU first and then you will apply the same concepts learned when it is time to create your practice in BC 540 - Business Development & Entrepreneurial Support.

4 weeks

1/12/2026 - 2/9/2026

M 6pm-9:45pm

5/4/2026 - 6/1/2026

M 6pm-9:45pm

9/14/2026 - 10/5/2026

M 6pm-9:45pm

\$300.00

Introduction to Intuitive Guidance**IG 111 Class Hours: 12 Credits: 1**

In this course you will begin to access and develop your intuition, determine your divine communication style(s) and explore the channels of divine communication. You will establish divine dialogues explore superconscious guidance create sacred reading space and begin to explore angel reading protocols. Text: \$18

1 weekend

3/6/2026 - 3/7/2026

Fri 6pm-10pm Sa 9am-6pm

9/11/2026 - 9/12/2026

Fri 6pm-10pm Sa 9am-6pm

\$240.00

Introduction to Life Coaching**LC 111 Class Hours: 20 Credits: 1.25**

Life Coaching is an ongoing partnership that helps people produce fulfilling results in their personal professional and spiritual lives. Through the process of coaching clients deepen their understanding of themselves, discover how to access answers from within, enhance their quality of life and increase their personal happiness. The Foundational Core class teaches a client-centered, heart-centered coaching approach based on SWIHA's time tested 12 Guiding Principles of Transformation. This highly experiential foundation class is about getting clear on your personal purpose and passion and making the decision to help others do the same. Supplies: \$20

1 weekend

1/16/2026 - 1/18/2026

F 6pm-10 pm Sa/Su 9am-6pm

5/15/2026 - 5/17/2026

F 6pm-10 pm Sa/Su 9am-6pm

9/18/2026 - 9/20/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

Introduction to Sustainability & Urban Gardening**PH 101-OL Class Hours: 30 Credits: 1.5**

Learn how the art and science of sustainability can affect health and well-being individually and globally. Discussed topics will include toxicity and healthy solutions for the air we breathe, the food we eat and the water we drink. Discover the philosophy of Permaculture and how we can begin to create regenerative systems that restore the earth and nurture ourselves and others. Text: \$22 (same as HN 105-OL)

11/2/2026 - 12/13/2026

\$600.00

Online

Intuitive Guidance – Practical Applications**IG 311 Class Hours: 24 Credits: 1.25**

In this course you will discover the many ways to work directly with your Spiritual Guides and put into practice the concepts of this course and of previous courses.

PRERQ IG 211

2 weekends

4/24/2026 - 5/9/2026

Fri 6pm-10 pm Sa 9am-6pm

11/13/2026 - 11/21/2026

Fri 6pm-10pm Sa 9am-6pm

\$480.00

K

Kinesiology - Anatomical Applications**MT 151 Class Hours: 36 Credits: 2.25**

In this class you'll learn to understand how muscles move physiologically. You will identify the major muscles of movement and describe movement with anatomical language. You'll discover how to apply your knowledge through class activities and a final project. PREREQ: MT 115 Anatomy. All books from (MT 115) Anatomy required plus another text: \$58. (CEU-NCBTMB)

5 weeks

6/1/2026 - 7/6/2026

M/W 9am-1pm

7/6/2026 - 8/3/2026

M/W 6pm-10pm

\$720.00

CEU

L

Life Coaching Practice & Ethics ONLINE**LC 301-OL Class Hours: 40 Credits: 1.75**

In this course coaches learn and practice interactive client-centered strategies and processes which move the client toward the attainment of their goals. Participants will also negotiate Client/Coach contracts defining the nature expectations and boundaries of the coaching relationship. Text: \$31 PREREQ: LC 101-OL

3/30/2026 - 5/3/2026

8/24/2026 - 9/27/2026

\$800.00

Online

Life Coaching – Heart Centered Approach Part I**LC 121 Class Hours: 40 Credits: 1.75**

Seeing transformational change for your clients comes from knowing how to ask deep compelling questions in a safe non-threatening way. In this class you will gain skills and practice at drawing out a person's wisdom to maximize their potential in all aspects of life. You will learn the importance of spending quality time with clients to establish goals, line up priorities, monitor progress and figure out solutions to set-backs. Become skilled at getting clients to look inward and identify most important choices or take best decisions. This Course introduces tools, models and application using Brene Brown's models or concepts; tough-minded conversation; living the Four Agreements; value centered decision making -- all with a trauma-informed lens. A Heart-Centered approach involves self-clarification, self-healing, self-improvement and self-empowerment! Help clients get clear on who they are, encourage them to discover and claim their gifts, strategize how to get out of their own way and game plan forward so as to lead others to do the same. Pre-Req: BC 550 or HC 101 Supply Fee: \$30 Text: \$91

5 weeks

1/22/2026 - 2/24/2026

Tu/Th 6pm-10pm

5/21/2026 - 6/23/2026

Tu/Th 6pm-10pm

9/24/2026 - 10/27/2026

Tu/Th 6pm-10pm

\$800.00

Life Coaching – Heart Centered Approach Part II**LC 131 Class Hours: 40 Credits: 2**

In this course a coach is taught to use interactive processes and how to develop client-centered strategies and solutions which move the client toward the attainment of their goals. Participants will develop the ability to establish Client/Coach contracts and define the nature limitations and boundaries of the coaching relationships. Successful mastering of Coaching Core Competencies must be completed in addition to classroom time and ten required one-on-one sessions completed outside of class time. Pre-Req: LC 121 Supply Fee: \$30

6 weeks

2/26/2026 - 4/2/2026

Tu/Th 6pm-9:45pm

6/25/2026 - 8/6/2026

Tu/Th 6pm-9:45pm

10/29/2026 - 12/10/2026

Tu/Th 6pm-9:45pm

\$800.00

To speak with an Admissions Coach
call 480-994-9244 | Info@swiha.edu

Life Review & Processing Grief

DD 201 **Class Hours: 30** **Credits: 1.5**
End-of-Life Doulas offer non-medical holistic support during the dying process. This class focuses on holding space and providing tools for the grieving process for the entire family including the individual who is dying. Special attention will also be paid to the doula's grieving process and self-care. Pre-Req: DD 101
Text: \$20
8 weeks
1/6/2026 - 2/24/2026 T 6pm-9:45pm
\$600.00

Life Review & Processing Grief ONLINE

DD 201-OL **Class Hours: 30** **Credits: 1.5**
End-of-Life Doulas offer non-medical holistic support during the dying process. This class focuses on holding space and providing tools for the grieving process for the entire family including the individual who is dying. Special attention will also be paid to the doula's grieving process and self-care. Text: all books from DD 101-OL. PREREQ: DD 101-OL
1/12/2026 - 2/15/2026
6/8/2026 - 7/19/2026
11/2/2026 - 12/13/2026
\$600.00

Online

Lower Back Pain Release

TE 320 **Class Hours: 8** **Credits: 0.25**
Releasing the psoas muscles is the key to relieving lower back pain. A deep focused approach to releasing muscles including low back and hip stretches. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
1 day
11/2/2025 - 11/2/2025 Su 9am-6pm
3/15/2026 - 3/15/2026 Su 9am-6pm
7/12/2026 - 7/12/2026 Su 9am-6pm
2 weeks
11/19/2025 - 12/3/2025 W 9am-1pm
8/12/2026 - 8/19/2026 W 9am-1pm
\$160.00

CEU

Lymphatic Massage

TE 340 **Class Hours: 16** **Credits: 0.5**
Lymphatic drainage massage promotes balance of the body's internal chemistry, purifies and regenerates tissues, helps normalize the functions of organs and promotes function of the immune system. Bring two sheets and one pillowcase. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
1 weekend
11/22/2025 - 11/23/2025 Sa/Su 9am-6pm
1/31/2026 - 2/1/2026 Sa/Su 9am-6pm
4/25/2026 - 4/26/2026 Sa/Su 9am-6pm
12/12/2026 - 12/13/2026 Sa/Su 9am-6pm
4 weeks
5/6/2026 - 5/27/2026 W 9am-1pm
\$320.00

CEU

Lymphatic Massage - Advanced

MT 604 **Class Hours: 8** **Credits: 0.25**
Add to your knowledge of Lymphatic Massage with techniques for the face, neck and posterior portion of the body. Additional hand positions and techniques will also be explored in this empowering class! PRERQ: TE 340 (CEU-NCBTMB)
1 day
2/8/2026 - 2/8/2026 Su 9am-6pm
8/2/2026 - 8/2/2026 Su 9am-6pm
\$160.00

CEU

M

Massage Clinic - Supervised Block

MT 993a 993b 993c 993d **Class Hours: 23** **Credits: 0.5**
The Massage Clinic for the MT 750 program is a supervised experience where students can practice their learned massage techniques in a controlled and supervised environment. The massage clinic experience is divided in three sections of 23 hours each for a cumulative total of 69 hours to meet MT 750 clinic requirements. First of three blocks. PRERQ: MT 200 SWEDISH & MT 115 ANATOMY OR LICENSED BW
12/8/2025 - 3/15/2026
1/26/2026 - 4/12/2026
3/16/2026 - 5/31/2026
4/13/2026 - 6/28/2026
6/1/2026 - 8/23/2026
6/28/2026 - 9/20/2026
\$460.00

Massage Sideline w/Deep Listening

TE 364 **Class Hours: 16** **Credits: 0.5**
Learn to listen and feel what the client's body needs using "Deep Listening" skills and how to understand the "levels of touch" required for release and rehabilitation. This class teaches how to work on clients using the lateral recumbent/sideline position. This technique allows for access to the musculoskeletal system in a unique way offering the opportunity to work the body in a different plane of gravity and provides greater access to holding patterns. You will learn to use sideline position during a therapy session to allow for more area-specific therapy to be accomplished and provide deep release to client's holding patterns of stress and injury. Correct bolstering and draping techniques are an essential focus of this class. Prerequisite MT200 or licensed. BW (please bring required BW supplies plus 2 standard sized pillows) (CEU-NCBTMB)
1 weekend
2/28/2026 - 3/1/2026 Sa/Su 9am-6pm
5/30/2026 - 5/31/2026 Sa/Su 9am-6pm
7/25/2026 - 7/26/2026 Sa/Su 9am-6pm
11/7/2026 - 11/8/2026 Sa/Su 9am-6pm
4 weeks
7/21/2026 - 8/11/2026 Th 9am-1pm
\$320.00

CEU

Medical Imagery ONLINE

HY 585-OL **Class Hours: 30** **Credits: 1.5**
Medical hypnosis has quietly opened the door of mainstream medicine and is beginning to show what it has to offer. It is now perceived as a treatment with the capacity to support a wide range of physical, emotional and psychological concerns in the healthcare setting. In this course students will learn to use the application of hypnosis to assist clients in learning to manage pain as well as considering natural healing abilities and pursuing health and wellness from within. Students will explore practical applications of hypnosis for common ailments as well as create scripts and metaphors to address these conditions. Text: \$22. PRERQ: HY 301 or HY 305-OL
12/1/2025 - 1/11/2026
3/30/2026 - 5/3/2026
8/24/2026 - 9/27/2026
\$600.00

Online

Medical Massage for Cancer Survivors

TE 402 **Class Hours: 16** **Credits: 0.75**
Gain a solid introduction to the general pathology of cancer and massage techniques for serving clients who have had cancer. As the study of medical benefits of massage increases the practice of massage for cancer survivors is now being explored. Learn how to "do no harm" as you work with light touch therapies for these underserved clients. PRE-REQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
4 weeks
12/2/2025 - 1/6/2026 T 6pm-10pm
2/18/2026 - 3/11/2026 W 9am-1pm
7/16/2026 - 8/6/2026 Th 9am-1pm
8/11/2026 - 9/1/2026 Tu 6pm-10pm
\$320.00

CEU

Mindful Eating & Nutrition Wellness Coaching

HN 620 **Class Hours: 30** **Credits: 1.25**
This course is designed to integrate and apply holistic nutrition knowledge in a client coaching setting while also building awareness and ability to discern the nine kinds of hunger felt in the body. Upon completion students will be prepared to assess and coach clients with dynamic health goals utilizing research on pertinent health epidemics and common health issues to deepen their understanding. Sound nutritional concepts and applications will support the client/coaching experience incorporating previous coursework in holistic nutrition to strengthen the client/coach relationship and develop strategies to overcome challenges. Students will practice varied ways to coach clients on how to satisfy the nine kinds of hunger through eating and other behaviors enhancing their coaching effectiveness. Assessment tools and effective holistic nutrition care plans will be introduced to ensure clients have a clear path to follow to reach their goals. This comprehensive approach will equip students with the skills and knowledge needed to support and ensure client success. PRE-REQ: HN 600 or HN 610.
8 weeks
3/3/2026 - 4/21/2026 Tu 6pm-9:45pm
\$600.00

Mindful Meditation Facilitator ONLINE

MM 401-OL **Class Hours: 40** **Credits: 2**
In this course you will practice facilitating mindfulness with a volunteer client. You will learn part of the protocol each week and guide your client using tools provided to understand what mindfulness is its benefits and how they can begin to incorporate it into their daily lives. Text: \$20 Pre-req MF 201-OL MF 301-OL
2/16/2026 - 3/29/2026
7/20/2026 - 8/23/2026
\$800.00

Online

Mindful Meditation Techniques ONLINE

MM 301-OL

Class Hours: 30

Credits: 2

In this course you will experience the transition of the mindfulness practice into formal meditation. The path to wellness includes an appreciation for silence, stillness and space. This course integrates the momentary life pauses discussed in other courses into a meditation practice. Text: \$20 Pre-req: MF 101-OL

1/12/2026 - 2/15/2026

6/8/2026 - 7/19/2026

\$600.00

Online

Mindfulness: Introduction ONLINE

MM 101-OL

Class Hours: 30

Credits: 2

In this introductory Mindfulness course you will review the foundational concepts of mindfulness and experience the effects of focusing the attention on the breath and movement. You will explore the conversation that occurs between the body mind and spirit learning to listen to the body on a cellular level. You'll also experience the power of creating space between emotional awareness and behavioral response. Text: \$19

12/1/2025 - 1/11/2026

5/4/2026 - 6/7/2026

\$600.00

Online

Mission Possible

BC 601

Class Hours: 45

Credits: 3

With the right tools your business IS possible. Students will learn and apply business writing statistical research methods and business finance to support sound entrepreneurial endeavors. Students will apply MLA standards used for research writing as well as set a hypothesis and conduct relevant field research in this course. Students will also learn and apply personal financial management and use prosperity consciousness as a tool for wealth building. Retirement savings and investments such as stock are also studied. Bring your entrepreneurial vision to class and ground it into the tools that will make it come to life in a sustainable way.

12/5/2025 - 3/6/2026

\$900.00

Mother Touch

CB 400

Class Hours: 8

Credits: 0.25

A course designed for students to learn how to give a pregnant client a safe gentle yet highly effective Therapeutic Massage. Learn how pregnancy changes the body when Pregnancy Massage is appropriate or contraindicated and techniques for producing total relaxation of muscles while peacefully stimulating blood circulation lymphatic drainage and endocrinological balance. Please bring unscented lotion or oil clean sheets & pillowcases for daily hands-on exchanges (1 set for Mother Touch Basic & 2 sets for Advanced 3 bed pillows (2 standard & 1 king) body pillow & wedge pillow (optional) 1 large bath towel or king pillowcase for breast drape. PRE-REQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

2 weeks

1/23/2026 - 1/30/2026

Fri 9am-1pm.

1 day

5/9/2026 - 5/9/2026

Sa 9am-6pm

10/17/2026 - 10/17/2026

Sa 9am-6pm

\$160.00

CEU

Mother Touch - Advanced

CB 401

Class Hours: 8

Credits: 0.25

Learn to meet more of the pregnant client's expanding needs. Curriculum includes aromatherapy safe for pregnancy guided imagery and visualization for optimum maternal and fetal well-being pre-birth parenting and fetal awareness charting labor massage techniques postpartum renewal and more! Invite a pregnant friend to join you for the last 2 hours of class. PREREQ: CB 400 BW (CEU-NCBTMB)

1 day

11/16/2025 - 11/16/2025

Su 9am-6pm

11/15/2026 - 11/15/2026

Su 9am-6pm

\$160.00

CEU

Myotherapy - 7 Step Release System

MT 400

Class Hours: 40

Credits: 1.25

A deep therapy approach to incorporating assisted stretches and skeletal articulations. Learn to find the holding patterns in a person's body and use very specific steps to release tight tied up muscles. Designed by KC Miller, this class is the Flagship Therapy of SWIHA. Supplies: \$15 Pre-Req: MT 200 Swedish or Licensed BW (CEU-NCBTMB)

10 weeks

3/17/2026 - 5/19/2026

Tu 9am-1pm

4/14/2026 - 6/16/2026

Tu 6pm-10pm

11/10/2026 - 2/2/2027

Tu 9am-1pm

\$800.00

CEU

Myotherapy - Mastery

TE 121

Class Hours: 20

Credits: 0.75

Myotherapy Mastery reviews all of the concepts learned in Myotherapy Seven Step Release System and then students learn to take the Myotherapy Platforms to the next level. Myotherapy Mastery focuses on the body's holograms zone therapy and employs many traditional Thai massage moves and brings them onto the massage table. Myotherapy Mastery enhances student awareness of body mechanics and explores prone supine and sideline protocols. Pre-Req MT 400 BW (CEU-NCBTMB)

1 weekend

6/26/2026 - 6/28/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

CEU

Mysticism: Finding Your Personal Path ONLINE

SP 162-OL

Class Hours: 30

Credits: 1.5

This course provides practical tools for navigating the journey of finding a personal path and for guiding others along their journey of spiritual discovery. Many of us have been searching for spiritual truth outside of our own reality. We feel separate - cast out of the garden through migration, colonialism slavery and the modern economy. However each of us can connect with our ancestors all life on Earth, each other and the god of our understanding in a way that feels authentic to our culture. Students are invited to connect with their unique spiritual calling while discovering their authentic path toward a new garden. Text: Same as SP 156-OL PREREQ: SP 156-OL

1/12/2026 - 2/15/2026

3/30/2026 - 5/3/2026

6/8/2026 - 7/19/2026

8/24/2026 - 9/27/2026

11/2/2026 - 12/13/2026

\$600.00

Online

N

Neck Release

TE 380

Class Hours: 8

Credits: 0.25

Learn very specific techniques for releasing neck muscle tension and increasing range of motion including clearing core energy blockages between the xiphoid process and the navel. Pre-Req: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

2 weeks

2/19/2026 - 2/26/2026

Th 9am-1pm

3/30/2026 - 4/6/2026

M 6pm-10pm

10/29/2026 - 11/5/2026

Th 9am-1pm

1 day

10/24/2026 - 10/24/2026

Sa 9am-6pm

\$160.00

CEU

Neuro Touch - Neuromuscular Re-education Techniques

MT 605

Class Hours: 20

Credits: 1

Neuro Muscular techniques and theory are explored in this class as well as a deep dive into the effects of working with the anterior and posterior vagal nerves specific to Stanley Rosenberg's techniques and theories. Work will start in the thorax in this introductory class. More to explore in the near future! PREREQ: MT 200 SWEDISH OR LICENSED. (CEU-NCBTMB)

1 weekend

2/20/2026 - 2/22/2026

F 6pm-10 pm Sa/Su 9am-6pm

7/10/2026 - 7/12/2026

F 6pm-10 pm Sa/Su 9am-6pm

10/16/2026 - 10/18/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

CEU

Neuro-Linguistic Programming ONLINE

HY 318-OL

Class Hours: 30

Credits: 1.25

Neuro-Linguistic Programming (NLP) is the art and science of working directly with the subconscious mind to bring about reliable and predictable results with consistency. NLP is a result-oriented short-term permanent way of creating change in behaviors and perceptions. NLP uses language to create empowering productive and positive behaviors on a repeatable basis. This is a highly interactive introductory class; you will learn NLP for yourself and to help others. PREREQ: HY 301 or HY 305-OL

12/1/2025 - 1/11/2026

1/12/2026 - 2/15/2026

5/4/2026 - 6/7/2026

9/28/2026 - 11/1/2026

\$600.00

Online

Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.

Nutrition - Advanced Whole Foods & Raw Cuisine ONLINE
HN 223-OL
In this 2nd level class students will explore kitchen techniques, tools and methods to expand beyond the basics in creating meals using the knowledge of Whole Food and Raw food cuisine. Students will learn how to customize meal plans, adjust foods to support health concerns, allergens and modern diets for all ages. Simplify the stigma with food prep and planning seasonal food options as well as adjusting recipes for medium to large groups. Create full meal recipes challenges with busy schedules, ingredients and substitutions as well as eating on a budget. Students will learn next level skills, methods and philosophies for creating healthy food choices in a safe kitchen. PREREQ: HN 210-OL and HN 222-OL.
1/12/2026 - 2/15/2026
6/8/2026 - 7/19/2026
\$600.00

Online

Nutrition - Comparative Dietary Systems with Applied Culinary ONLINE
HN 156-OL
This course introduces you to the most common dietary systems followed throughout the world. You'll explore ways to adapt aspects of these diets to fit your needs as well as ways to eat consciously within a prescribed diet. This course does include applied culinary assignments. Text: Same as HN 115-OL
PREREQ: HN 112-OL
12/14/2026 - 1/24/2027
\$600.00

Online

Nutrition - Culinary Applications & Business Perspectives ONLINE
HN 500-OL
Creating a culinary-based business is more than the preparation of food. In this course you'll learn about the various opportunities in the culinary field and how to market your business. You'll explore the management of food costs balancing your food values with that of your client meal planning from start to finish food photography cost analysis and storage and transportation decisions. Text: N/A
PRE-REQ: HN 223-OL
2/16/2026 - 3/29/2026
7/20/2026 - 8/23/2026
\$800.00

Online

Nutrition - Foundation of Holistic Nutrition ONLINE
HN 105-OL
This course will familiarize you with the history of the science of nutrition and the art of nourishment. You'll explore the relationship between food production, the environment and the consumer as well as the relationship between food culture and community. In preparation for the rest of the nutrition concentration you'll examine the differences between scientific studies and sensational headlines and how both contribute to our food values and beliefs. Text: \$22
2/16/2026 - 3/29/2026
5/4/2026 - 6/7/2026
7/20/2026 - 8/23/2026
9/28/2026 - 11/1/2026
\$600.00

Online

Nutrition - Macro/Micro Nutrients: Eating the Rainbow ONLINE
HN 115-OL
In this course you will embody both a scientific and culinary understanding of the phrase "eat the rainbow". You will acquire a functional understanding of the importance of various phytonutrients carbohydrates proteins lipids vitamins minerals and water whole food sources and the consequences of excesses and deficiencies. Text: \$30 PREREQ: HN 112-OL
12/1/2025 - 1/11/2026
6/8/2026 - 7/19/2026
8/24/2026 - 9/27/2026
11/2/2026 - 12/13/2026
\$600.00

Online

Nutrition - Microbiome Wellness ONLINE
HN 351-OL
The microorganisms or microbiome in the human body outnumber what we think of as human cells 10 to 1. Our health and wellness is influenced by the health and wellness of this tiny community that weighs only 1-3% of the body's mass. In this course you will explore the relationship between the microbiome (gut bacteria) and the rest of the body as well as the whole foods needed to nourish both. Text: \$17 Supply/Microbiome Test Fee: \$300 Pre-req: HN 112-OL
11/2/2026 - 12/13/2026
\$600.00

Online

Nutrition - Principles of Conscious Eating and Behavior Modification ONLINE
HN 112-OL
This course presents principles of conscious mindful eating designed to break the diet mentality and replace it with healthy eating behaviors. You will learn how to access your internal wisdom about eating resulting in weight release (if appropriate) naturally and permanently as well as how to coach others to do the same. A wide variety of lifestyle choices and behavior modification techniques are explored. This course also focuses on building a successful practice supporting others in creating a healthy relationship with food by honoring the mind-body connection. Learn to make peace with food, give up chronic dieting and discover how right-sizing is all part of conscious mindful eating. Text: \$16
3/30/2026 - 5/3/2026
7/20/2026 - 8/23/2026
8/24/2026 - 9/27/2026
12/14/2026 - 1/24/2027
\$600.00

Online

Nutrition - Raw Food Cuisine 1 ONLINE
HN 222-OL
This course covers the increasingly popular Raw Food Diet that consists of eating raw or low-cooked unprocessed mainly organic foods. Topics include digestive enzymes, bacteria and microorganisms that live in food. Variations of the Raw Foods Diet will be examined along with the history philosophy and common beliefs. Students will learn how raw foods can be incorporated into the foundation of any healthy diet as well as how to use raw foods for detoxification and healing. Each week students prepare gluten-free dairy-free and soy-free raw foods. Text: \$15 PREREQ: HN 112-OL
12/1/2025 - 1/11/2026
6/8/2026 - 7/19/2026
8/24/2026 - 9/27/2026
\$500.00

Online

Nutrition - Whole Foods Cuisine 1 ONLINE
HN 210-OL
Discover S.O.U.L. foods (Seasonal Organic Unprocessed Local) and simple ways to create delicious whole food nutritious meals. You will practice some basic culinary skills and learn how to balance the flavors to make healthy eating enjoyable as well. These basic skills are the foundation for intuitive creative mindful cooking. Text: \$40 PREREQ: HN 112-OL
3/30/2026 - 5/3/2026
7/20/2026 - 8/23/2026
12/14/2026 - 1/24/2027
\$500.00

Online

Nutritional Needs Across the Life Cycle ONLINE
HN 235-OL
This class identifies the changing nutritional needs of humans throughout the life cycle from gestation to death. We'll examine the maternal and fetal needs during pregnancy, the nutritional needs of growing children and their microbiome diverging needs by gender during adolescence and adulthood and the unique nutritional needs of elders and those at the end of life. Text: Same as HN 115-OL
Pre-req: HN 112-OL
8/24/2026 - 9/27/2026
12/14/2026 - 1/24/2027
\$600.00

Online

P

Past-Life Regression ONLINE
HY 353-OL
Explore the concepts and techniques of accessing past life experiences leading to personal change and growth. Past life regression is applied to healing past traumas, changing karma, accessing creativity and changing relationship contracts. The answers to many questions are found within ourselves and our past histories. Text: \$18 PREREQ: HY 301 or HY 305-OL
1/12/2026 - 2/15/2026
6/8/2026 - 7/19/2026
11/2/2026 - 12/13/2026
\$600.00

Online

Pathology - BW
SC 415
Discuss pathologies with the goal of being able to make informed decisions about the safety and applicability of massage modalities. Develop critical thinking skills to be able to find information independently and to identify the variables that contribute to informed decisions. LEC Text: \$88 (CEU-NCBTMB)
10 weeks
12/9/2025 - 2/24/2026
1/27/2026 - 3/31/2026
8/25/2026 - 10/27/2026
9/22/2026 - 12/1/2026
\$800.00

Class Hours: 40

Credits: 2.5

Tu 9am-1pm
Tu 6pm-10pm
Tu 9am-1pm
Th 6pm-10pm

CEU

46 Class Descriptions

Physiology

MT 500

Class Hours: 60

Credits: 4

This dynamic class brings the body's systems to life! Learn the branch of the biological sciences dealing with the processes and functions of the human organism. Understand how and why the body functions the way it does! Text: \$79 8 weeks

3/16/2026 - 5/4/2026 M/W 9am-1pm
4/13/2026 - 6/3/2026 M/W 6pm-10pm
11/9/2026 - 1/20/2027 M/W 9am-1pm
\$1200.00

Polarity - 5 & 6 Point Star

PC 987

Class Hours: 32

Credits: 1

The 5 Point Star is an image of the body's shaping process. It shows how we hold ourselves and how we experience life. This class involves recognizing this image and learning various techniques in bringing the system into balance. The 6 Point Star has two triangles and is a perfectly polarized expression of both our involuntary being and our evolutionary being; one triangle is facing up and the other facing down. Dr. Stone said As above as below. In this class you'll learn to integrate these fields through particular energetic point locations as outlined in Randolph Stone's work so as to allow the structure to permit proper expression to flow in and out of the being. PRERQ: PC 150 BW (CEU-NCBTMB) AUC

1 weekend
7/9/2026 - 7/12/2026 Th-Su 9am-6pm
\$640.00

CEU

Polarity - Autonomic Nervous System

PC 999

Class Hours: 24

Credits: 0.75

The autonomic nervous system (ANS) plays a crucial role in regulating involuntary bodily functions such as heart rate digestion and respiratory rate. This advanced class helps bodyworkers develop a deeper understanding of the ANS and how through focused bodywork techniques they can work to balance the sympathetic (fight or flight) and parasympathetic (rest and digest) branches of the nervous system promoting overall relaxation, vitality and well-being. Participants learn different manual techniques to release holding patterns and tension in the spine and how to incorporate them into a therapeutic bodyworker session. Pre-Req PC 100 -BW AUC

1 weekend
3/6/2026 - 3/8/2026 Fri-Su 9am-6pm
\$480.00

Polarity - Basic I

PC 100

Class Hours: 20

Credits: 1

Experience the exciting new paradigm of energy healing. The Polarity model interprets the body's imbalances as the final "print-out" of physical and emotional choices made long ago. Polarity serves as the key to unlock the source. Utilizing hands-on contacts and gentle communication techniques this work embodies a full holistic health care system and can be used to empower other modalities as well. BW (CEU-NCBTMB)

1 weekend
12/5/2025 - 12/7/2025 F 6pm-10 pm Sa/Su 9am-6pm
2/27/2026 - 3/1/2026 F 6pm-10 pm Sa/Su 9am-6pm
6/5/2026 - 6/7/2026 F 6pm-10 pm Sa/Su 9am-6pm
8/7/2026 - 8/9/2026 F 6pm-10 pm Sa/Su 9am-6pm
11/6/2026 - 11/8/2026 F 6pm-10 pm Sa/Su 9am-6pm

5 weeks
4/23/2026 - 5/21/2026 Th 9am-1pm
7/16/2026 - 8/13/2026 Th 9am-1pm
10/1/2026 - 10/29/2026 Th 9am-1pm
\$400.00

CEU

Polarity - Basic II (Ayurvedic Elements)

PC 150

Class Hours: 48

Credits: 2.25

Ether Air Fire Water Earth - the ancients saw our bodies as streams of energy with different qualities. Connect physical symptoms with their emotional origins and introduce music, sound color and food as resources for balancing the entire body. PRE-REQ: PC 100 (CEU-NCBTMB) BW AUC Supplies: \$25 Printed Material Fee: \$15 Text: \$75

2 weekends
3/13/2026 - 3/22/2026 F-Su 9am-6pm
7/17/2026 - 7/26/2026 Fri-Su 9am-6pm
10/23/2026 - 11/1/2026 Fri-Su 9am-6pm
\$960.00

CEU

Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.

Polarity - Clinic

PC 960

Class Hours: 30

Credits: 0.5

Polarity and Cranial Clinic provides students the opportunity to practice their skills in a supervised setting. Students will provide sessions to the public with support from the Polarity/Cranial Instructor. Case supervision and consultation will be held between sessions in order for students to fully integrate their experience of providing Polarity or Cranial sessions to the public. PRE-REQ: PC 150 + PC 200 + PC 400 AUC

2 weekends
12/6/2025 - 12/14/2025 Sa 9am-6pm Su 9am-5pm
5/9/2026 - 5/17/2026 Sa 9am-6pm Su 9am-5pm
8/22/2026 - 8/30/2026 Sa 9am-6pm Su 9am-5pm
12/5/2026 - 12/13/2026 Sa 9am-6pm Su 9am-5pm
\$600.00

Polarity - Communications Resonance & Relations I

PC 400

Class Hours: 32

Credits: 2

Verbal skills allowing you to guide your client to resolution can be learned here. This course teaches you to pace your clients, follow their journey where it needs to go and integrate body-based healing with life healing. This can be a profound accompaniment to all deep bodywork. Pre-Req: None Supply Fee: \$10 (CEU-NCBTMB) AUC BW

2 weekends
2/7/2026 - 2/15/2026 Sa/Su 9am-6pm
5/30/2026 - 6/7/2026 Sa/Su 9am-6pm
9/26/2026 - 10/4/2026 Sa/Su 9am-6pm
\$640.00

CEU

Polarity - Reflexology for Bodyworkers

PC 700

Class Hours: 20

Credits: 1

Explore foot hand and ear Reflexology from an energy perspective. In addition to learning the reflex points students will be hooking up currents of energy and using breath and sound for more complete healing. TEXT: \$12 BW (CEU-NCBTMB)

1 weekend
12/5/2025 - 12/7/2025 F 6pm-10 pm Sa/Su 9am-6pm
5/1/2026 - 5/3/2026 F 6pm-10 pm Sa/Su 9am-6pm
9/11/2026 - 9/13/2026 F 6pm-10 pm Sa/Su 9am-6pm
11/6/2026 - 11/8/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

CEU

Polarity - Spinal Balancing

PC 998

Class Hours: 24

Credits: 0.75

The spine is the tree of life resting on the sacrum or "sacred bone." When the sacrum and spine are aligned the cranium opens. Learn alignment methods; muscle and vertebrae release stretch releases spinal harmonics and evaluation skills. Practice energetic cleansing of the spinal cord vertebrae nerve pathways and the ultrasonic core. This course includes a culmination of Dr. Stone's techniques. Supplies: \$16 Pre-Req: PC 100 or EC 700 (CEU-NCBTMB) BW AUC

1 weekend
1/9/2026 - 1/11/2026 Fri-Su 9am-6pm
8/7/2026 - 8/9/2026 Fri-Su 9am-6pm
\$480.00

CEU

Polarity - Trance Counseling

PC 110

Class Hours: 24

Credits: 1

We often imagine life as nothing but a series of things that happen to us. It is hard to see just how it is we live in self-generated realities which continue to keep us from realizing there could be a new way where we take responsibility for creating the life we live. Tapping deeply into the work of Milton Erickson M.D. Stephen Wolinsky Ph.D. and Carl Rogers will take a journey into our interpersonal feedback loops that rule our lives unconsciously keeping us from new possibilities. BW AUC

1 weekend
1/16/2026 - 1/18/2026 Fri-Su 9am-6pm
9/11/2026 - 9/13/2026 Fri-Su 9am-6pm
\$480.00

Polarity APP/Cranial - Practicum

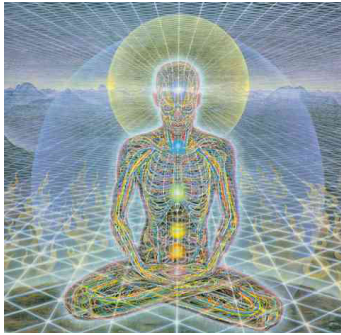
PC 200

Class Hours: 30

Credits: 1.25

The tools and techniques needed to give a therapeutic polarity and/or cranial session are reviewed and developed. Peer supervision and community collaboration is fostered. Two therapeutic sessions on outside clients will be given and two will be observed and evaluated with an eye towards understanding therapist/client dynamics and each student's particular strengths and weaknesses as a practitioner. Case studies will be shared and business and ethical issues will be discussed. Students must have completed the majority of Polarity or Cranial classes plus Polarity Communications I. PRERQ: PC 150 or PC 860 & PC 400 AUC

2 weekends
4/18/2026 - 4/26/2026 Sa/Su 9am-5:30pm
8/1/2026 - 8/9/2026 Sa/Su 9am-5:30pm
11/14/2026 - 11/22/2026 Sa/Su 9am-5:30pm
\$600.00



Polarity – Dr. Stones Energy Exercises & Mystic Philosophy

PC 942 Class Hours: 16 Credits: 0.25

Dr. Randolph Stone, the father of Polarity Therapy, was a Mystic in his own right. He had a disciplined practice of meditation and a lifestyle of a modern day ascetic. He saw many internal images of an alternative reality that inspired him to create Polarity and search deeper into the realm of what true spirituality is. In this study group we will read and study Dr. Stone's Mystic Bible that relates to his sacred and fulfilling life's mission here. Polar Energetic exercises are easy stretches to release energy blocks. AUC Supplies: \$33

1 weekend

6/13/2026 - 6/14/2026 Sa/Su 9am-6pm
\$320.00

Practical Applications in Intuitive Coaching ONLINE

SC 301-OL Class Hours: 40 Credits: 1.5

In this course spiritual coaches learn and practice client-centered strategies and processes which move the client toward the attainment of their goals. Participants will also negotiate Client/Coach contracts defining the nature expectations and boundaries of the spiritual coaching relationship. Text: \$43 PREREQ: SC 201-OL

12/1/2025 - 1/11/2026

3/30/2026 - 5/3/2026

5/4/2026 - 6/7/2026

8/24/2026 - 9/27/2026

9/28/2026 - 11/1/2026

\$800.00

Online

Psychology of Addiction - Understanding the Shadow

CC 131 Class Hours: 32 Credits: 2

This course examines addictions of all types from chocolate to morphine. Designed to educate the student with truthful information about addictive behaviors and provide healthy alternatives to managing stress, the most common source of addiction. This is a great opportunity to explore personal behaviors and increase self-realization in terms of choices and outcomes leading to addictions or recovery. LEC Supply Fee: \$18

8 weeks

1/28/2026 - 3/18/2026 W 6pm-10pm

5/18/2026 - 7/20/2026 M 6pm-10pm

9/9/2026 - 10/28/2026 W 6pm-10pm

\$640.00

Psychology of Addictions & Disordered Eating ONLINE

HC 222-OL Class Hours: 30 Credits: 2

In this course you will examine addictions of all types, the neuroscience of addiction and current models for releasing addictions. Specifically, you'll learn the language to use with all your clients so that those recovering from disordered eating and addictions feel safe when the coaching conversation comes close to their particular compulsive behavior. Text: \$17

12/1/2025 - 1/11/2026

2/16/2026 - 3/29/2026

5/4/2026 - 6/7/2026

7/20/2026 - 8/23/2026

9/28/2026 - 11/1/2026

11/2/2026 - 12/13/2026

3/30/2026 - 5/3/2026

\$600.00

Online

Psychology of Wellbeing 2 ONLINE

HC 221-OL Class Hours: 30 Credits: 2

This course builds upon Psychology of Wellbeing 1. Developmental psychology, positive psychology and the polyvagal theory provide the backdrop for understanding growth integration and wellbeing throughout the lifecycle. Special attention will be given to the neuroscience of healing from trauma. Text: \$18 Pre-req: HC 220-OL

12/1/2025 - 1/11/2026

\$600.00

Online

48 Class Descriptions

R

Reflexology - A Western Approach for Bodyworkers

RF 201 Class Hours: 20 Credits: 0.75

Reflexology is science-based on the principle that there are reflex areas in the feet, hands and ears corresponding to all the glands, organs, parts and systems of the body. This course explores the various theories that have led to development of modern western reflexology. Concentration is on basic foot protocols and hand techniques used for the purpose of relaxation and stress reduction applicable to any bodyworker. BW Bring sheets, towels and hand sanitizer.

(CEU-NCBTMB)

1 weekend

3/6/2026 - 3/8/2026

F 6pm-10 pm Sa/Su 9am-6pm

6/12/2026 - 6/14/2026

F 6pm-10 pm Sa/Su 9am-6pm

10/9/2026 - 10/11/2026

F 6pm-10 pm Sa/Su 9am-6pm

5 weeks

3/27/2026 - 5/1/2026

Fri 9am-1pm.

10/30/2026 - 12/4/2026

Fri 9am-1pm.

\$400.00

CEU

Reflexology - Assessment Skills for Bodyworkers

RF 202 Class Hours: 20 Credits: 0.75

This course covers a system-by-system review of the ten bodily systems as related to the microcosm theory in Reflexology. Pathology and symptomology are reviewed in-depth. Client history taking SOAP notes and Treatment Plans are taught and applicable to any bodyworker. PRE-REQ: RF 201 Bring sheets towels and hand sanitizer. BW (CEU-NCBTMB)

1 weekend

11/7/2025 - 11/9/2025

F 6pm-10 pm Sa/Su 9am-6pm

10/23/2026 - 10/25/2026

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

5 weeks

5/8/2026 - 6/12/2026

Fri 9am-1pm.

CEU

Reflexology - Emotional Balance & Being for Bodyworkers

RF 203 Class Hours: 20 Credits: 0.75

It has long been documented that our life stories and traumas are held in specific areas of the body and in certain organs. What's where is taught on an intellectual and kinesthetic level and how facilitated dialogue can assist in a mindful way to release what has been held. This course also focuses on Western and Eastern theories as they relate to the balance of body mind and spirit as well as zone theory. Each class includes a hands-on component for the feet or acupressure points of the feet hands and body points including therapeutic meridian brushing. This is taught as a clothed modality although it can be adapted by massage therapists and bodyworkers. No prerequisites. BW Bring sheets & towels.

(CEU-NCBTMB)

1 weekend

11/20/2026 - 11/22/2026

F 6pm-10 pm Sa/Su 9am-6pm

5 weeks

12/10/2025 - 1/21/2026

W 6pm-10pm

7/10/2026 - 8/7/2026

Fri 9am-1pm.

\$400.00

CEU

Reflexology - Hand for Bodyworkers

RF 575 Class Hours: 4 Credits: 0.25

The hands represent the NOW - current reality. Learn to identify the reflex points of the hands and an effective relaxation treatment as well as self-care and first aid points. BW (CEU-NCBTMB)

1 day

4/11/2026 - 4/11/2026

Sa 9a-1pm

6/27/2026 - 6/27/2026

Sa 9a-1pm

10/31/2026 - 10/31/2026

Sa 9a-1pm

\$80.00

CEU

Reiki & Beyond - Sound & Vibration

EC 731 Class Hours: 16 Credits: 0.5

In this one weekend only class you learn to expand your Reiki practice utilizing vibrational therapy methods including sound movement, crystals color and aromatherapy. Students are encouraged but not required to bring any personal crystals, oils, oracle decks or small instruments that you would like to use in class to enhance your sound and vibrational practice. PRERQ: EC 711 or EC 775 or EC 811

1 weekend

4/11/2026 - 4/12/2026

Sa/Su 9am-6pm

7/18/2026 - 7/19/2026

Sa/Su 9am-6pm

\$320.00

Reiki & Beyond - Sound & Vibration
EC 731

Class Hours: 16

Credits: 0.5

In this one weekend only class you learn to expand your Reiki practice utilizing vibrational therapy methods including sound movement, crystals color and aromatherapy. Students are encouraged but not required to bring any personal crystals, oils, oracle decks or small instruments that you would like to use in class to enhance your sound and vibrational practice. PRERQ: EC 711 or EC 775 or EC 811

1 weekend	
11/7/2026 - 11/8/2026	Sa/Su 9am-6pm

\$320.00

Reiki - Angels Guides and Masters
EC 741

Class Hours: 8

Credits: 0.25

As you grow in your Reiki practice you will realize you are not alone especially if you are open to the guidance of those on other dimensions. Come explore the many guides that are available to serve you as a Reiki practitioner if you call upon them. Learn to invite help and guidance from Angels Ascended Masters Saints and other celestial guides. PRE-REQ: EC 711 or EC 775 or EC 811

1 day	
3/29/2026 - 3/29/2026	Su 9am-6pm
11/15/2026 - 11/15/2026	Su 9am-6pm

\$160.00

Reiki Clinic
EC 798

Class Hours: 8

Credits: 0.25

Reiki students will provide multiple client sessions throughout the day utilizing intake and feedback forms. The business aspects of Reiki will also be discussed in class. Students should come to class prepared with sheets and a blanket. BW - Pre-Req: EC 711 or EC 775 or EC 812.

1 day	
12/6/2025 - 12/6/2025	Sa 9am-6pm
12/7/2025 - 12/7/2025	Su 9am-6pm
6/13/2026 - 6/13/2026	Sa 9am-6pm
6/14/2026 - 6/14/2026	Su 9am-6pm
12/5/2026 - 12/5/2026	Sa 9am-6pm
12/6/2026 - 12/6/2026	Su 9am-6pm

\$160.00

Reiki for Prosperity
EC 791

Class Hours: 8

Credits: 0.25

Reiki is the science of energy. Money and abundance are linked to our energy as well as that of our ancestors. Learn to identify the thought seeds that create samskaras (emotional wounds) contributing to slow and dense energy associated with your personal finances. With the use of a pendulum you will learn to identify precise generational patterns to clear, heal, recalibrate and repair the energetic field by using sacred Reiki symbols and empowered ancient chants. In addition the practice of Ho'oponopono, a Hawaiian practice of reconciliation and forgiveness will be taught as a mental/emotional cleansing process. You will have the opportunity to consciously encode your mental, spiritual and energetic bodies with new vibrational frequencies of abundance, health prosperity and true wealth. Leave being Prosperity Ready! Supplies: \$20 PRE-REQ: EC 711 or EC 775 or EC 811

1 day	
1/11/2026 - 1/11/2026	Su 9am-6pm
5/10/2026 - 5/10/2026	Su 9am-6pm
10/25/2026 - 10/25/2026	Su 9am-6pm

\$160.00

Reiki I - Traditional
EC 700

Class Hours: 16

Credits: 0.5

Reiki is a complete system of holistic healing and personal development. This spiritually directed life force energy can be used to heal yourself and others, solve problems, achieve goals, develop higher consciousness and fulfill your spiritual purpose. BW (CEU-NCBTMB) NOTE: \$50 FEE for AUN

1 weekend	
1/10/2026 - 1/11/2026	Sa/Su 9am-6pm
4/18/2026 - 4/19/2026	Sa/Su 9am-6pm
9/26/2026 - 9/27/2026	Sa/Su 9am-6pm
4 weeks	
2/27/2026 - 3/20/2026	Fri 9am-1pm.

\$320.00

Reiki II - Traditional
EC 711

Class Hours: 16

Credits: 0.5

Learn the symbols of Reiki with their function and meaning. Traditional Reiki symbols, Attunements and techniques for long distance healing presented. Learn to share the healing properties of the symbols during a Reiki exchange. BW Pre-Req: EC 700 \$50 FEE for AUN

1 weekend	
2/21/2026 - 2/22/2026	Sa/Su 9am-6pm
6/6/2026 - 6/7/2026	Sa/Su 9am-6pm
10/17/2026 - 10/18/2026	Sa/Su 9am-6pm

\$320.00

Reiki III - Advanced
EC 720

Class Hours: 8

Credits: 0.25

Move the Universal Life Force connection into healing not only the physical but the emotional and spiritual. You will receive an attunement with the Reiki Master symbols. An advanced application discussion will be held. This class prepares you to continue to the next level of Reiki Master. BW PRERQ: EC 711. \$50 FEE for AUN

1 day	
3/28/2026 - 3/28/2026	Sa 9am-6pm
8/15/2026 - 8/15/2026	Sa 9am-6pm
11/14/2026 - 11/14/2026	Sa 9am-6pm

\$160.00

Reiki Master/Teacher Initiation
EC 766

Class Hours: 20

Credits: 0.5

Become a Reiki Master Teacher fully initiated with all the Master Symbols qualified and competent to teach Reiki to others. Students may choose not to teach but rather to use the Master Teacher initiation for personal empowerment. BW Pre-Req: EC 720 EC 776 or EC 813 and EC 798. Text: \$35

1 weekend	
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm
1/16/2026 - 1/18/2026	F 6pm-10 pm Sa/Su 9am-6pm
6/26/2026 - 6/28/2026	F 6pm-10 pm Sa/Su 9am-6pm
12/18/2026 - 12/20/2026	F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

Reiki Symbolism & Geometric Grid
EC 750

Class Hours: 16

Credits: 0.5

Symbols can be a key to accessing the hidden wisdom of the universe. A means of releasing sources of energy from the unconscious symbols facilitate the connection between the self and higher universal consciousness. This advanced course provides information for taking Reiki to its highest level of practice as well as preparing one for teaching. Students are encouraged to bring personal crystals stones oils religious icons sacred text flowers etc. that will be used in class for altar building. Bring sheets and a blanket for on-table work. Supplies \$25.00. Pre-Req: EC 711 or EC 775 or EC 811

1 weekend	
11/22/2025 - 11/23/2025	Sa/Su 9am-6pm
3/7/2026 - 3/8/2026	Sa/Su 9am-6pm
12/12/2026 - 12/13/2026	Sa/Su 9am-6pm

\$320.00

Removing the Armor
TE 590

Class Hours: 12

Credits: 0.25

Learn a basic protocol for clients who are very tight and tied-up seemingly impossible to release. Discover important triggers to be used to release tight muscles. Understand the power and importance breathing has in releasing armor. Learn facilitated dialogue. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 weekend	
4/25/2026 - 4/26/2026	Sa/Su 9am-4pm
9/26/2026 - 9/27/2026	Sa/Su 9am-4pm

\$240.00

Resiliency and Self-Care for Massage Therapists
BC 441

Class Hours: 7

Credits: 0.5

This important class will help new massage therapy students explore the many possibilities of Self-Care and gain an understanding of resiliency and its importance in their career as a massage therapist. Students will experience the power of visualization and learn ways to anchor in their vision to build resiliency throughout their program. Learn how to cultivate a mindset of resiliency to nurture an internal environment of sustainability and personal growth. Self-Care options including breath tai chi yoga Yoga Nidra and an intro to tapping for stress relief will be explored. FOR MASSAGE PROGRAM STUDENTS ONLY. NOT A CEU CLASS.

2 weeks	
1/5/2026 - 1/12/2026	M 6pm-9:30pm
3/3/2026 - 3/10/2026	Tu 9am-12:30pm
3/23/2026 - 3/30/2026	M 6pm-9:30pm
5/6/2026 - 5/13/2026	W 9am-12:30pm
6/8/2026 - 6/15/2026	M 6pm-9:30pm
8/10/2026 - 8/17/2026	M 9am-12:30pm
8/31/2026 - 9/14/2026	M 6pm-9:30pm
10/28/2026 - 11/4/2026	W 9am-12:30pm
11/16/2026 - 11/30/2026	M 6pm-9:30pm

\$140.00

Rock & Unlock

TE 600 **Class Hours: 12** **Credits: 0.25**
Influenced by Milton Trager's work this class has been designed by KC Miller to teach students how by rocking the body you can unlock tight chronic holding patterns. Sometimes deep trigger point work is contraindicated - ideal for working with whiplash geriatric or pregnancy clients or people with deep control issues. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
3 weeks
2/2/2026 - 2/16/2026 M 9am-1pm
4/16/2026 - 4/30/2026 Th 6pm-10pm
9/21/2026 - 10/5/2026 M 6pm-10pm
10/21/2026 - 11/4/2026 W 9am-1pm
\$240.00

CEU

Rotator Cuff/Shoulder Joint

TE 225 **Class Hours: 8** **Credits: 0.25**
Clients with poor posture, chronic shoulder/neck pain, tension injuries, sports injuries accidents and whiplash will benefit from this focused therapy! A great supplement to both chair and table therapies. Bring sheets, a bath towel, a couple of hand towels and two pillows. PRERQ: MT 200 SWEDISH OR LICENSED BW (Please bring required BW supplies plus 2 standard sized pillows) (CEU-NCBTMB)

1 day
7/11/2026 - 7/11/2026 Sa 9am-6pm
2 weeks
8/13/2026 - 8/20/2026 Th 9am-1pm
\$160.00

CEU

S

Scar Tissue Massage

TE 142 **Class Hours: 8** **Credits: 0.25**
Explore the physiology and psychological aspects of scar tissue. Experience ways to effectively work with scar tissue and improve lymphatic flow, skin texture and flexibility of the affected areas of the body. This class will also include a brief explanation of working with healing oils and aroma therapy that is effective for scar tissue work. BW PRERQ: SWEDISH OR LICENSED. Supply fee: \$20.00 (CEU-NCBTMB)

1 day
3/15/2026 - 3/15/2026 Su 9am-6pm
7/26/2026 - 7/26/2026 Sa 9am-6pm
12/6/2026 - 12/6/2026 Su 9am-6pm
\$160.00

CEU

Script Writing ONLINE

HY 425-OL **Class Hours: 30** **Credits: 1.25**
For many hypnotherapists the act of writing a completely new script arises organically out of the skill of improvising with clients. In this course you'll simulate that process making the various steps conscious and intentional. Begin by improvising with a volunteer client and continue by outlining and field testing scripts. Finally identify the needs of your audience and learn to revise your scripts with their needs in mind before publishing. PRERQ: HY 305-OL
3/30/2026 - 5/3/2026
8/24/2026 - 12/20/2026
\$600.00

Online

Serving through Ceremony ONLINE

SP 525-OL **Class Hours: 30** **Credits: 1.5**
Service is a spiritual path and can be the commemoration of a special occasion as well as a daily practice. In this course students will clarify who and how they serve as they explore the many forms of service in their community. Students will be invited to design and rehearse a special ceremony. Text: (same as SP 156) PRERQ: SP 162-OL
1/12/2026 - 2/15/2026
3/30/2026 - 5/3/2026
6/8/2026 - 7/19/2026
8/24/2026 - 9/27/2026
11/2/2026 - 12/13/2026
\$600.00

Online

Shamanic Pathways

EC 778 **Class Hours: 40** **Credits: 1.25**
Shamanic Pathways explores tools and practices found in many cultures across the world. Over this two-weekend course students will have an opportunity to create a drum or rattle and other tools used in ceremony. You will also look more deeply into yourself through creating and using a mask and practicing shamanic journeying connecting with totems, power animals and spirit guides. Finally students will begin exploring how to apply these tools to their personal and professional practices. (This class requires a minimum of 12 students to run.) Supplies: \$200
2 Weekends
1/30/2026 - 2/15/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$800.00

Shamanic Reiki I & II

EC 775 **Class Hours: 20** **Credits: 0.75**
The word 'Shaman' means 'spiritual healer' or 'one who sees in the dark.' Shamans access the Spirit realm for the purpose of individual and communal growth and healing and of retrieving authentic power, energy and wisdom. Shamanic Reiki I & II is a ceremonial journey to align you with divine 'Source' and activate the Healer within by honoring your ancestral roots connecting and communicating with non-physical helpers and Guides and the use of Shamanic visioning for self-revelation and for calling upon the essential forces of nature. In the first weekend healers will learn Reiki history as it connects to their own path the time-tested Reiki principles and a self-healing protocol. Students will receive Reiki Level I & II Attunements; the traditional Reiki healing protocol will be taught with the focus being on self-healing and self-empowerment. Students will be invited to participate in a variety of Shamanic ceremonies designed to unveil unhealed parts of themselves and will have the opportunity 'clear the wounded imprint' learning to create a healthy world of integrity and ethics that are essential with stepping into the role of a Practitioner.
1 Weekend
2/27/2026 - 3/1/2026 F 6pm-10 pm Sa/Su 9am-6pm
9/11/2026 - 9/13/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

Shamanic Reiki III & Beyond

EC 776 **Class Hours: 20** **Credits: 0.5**
This shamanic-based class honors the understanding that "we are spiritual beings having a human experience" -- and that our reality is mirroring back internal conditions and beliefs therefore it becomes vital to practice Shamanic Reiki with clear and loving intentions. The second weekend of training is designed to help new Reiki practitioners further understand 'life force energy' and how to work with others in a healing session and from a distance. Additional sacred symbols are revealed; students will receive their Reiki Level III Blessings. Integrated ceremonial journeys will be offered to tap into our 'Greater Wisdom' and into the 'Worlds' seen and unseen to discover the unity that exists within all healing techniques and all beings and energies in the Circle of Life; the ancient chakra healing system will be incorporated in the healing session exchanges. PRERQ: EC 775
1 Weekend
4/10/2026 - 4/12/2026 F 6pm-10 pm Sa/Su 9am-6pm
10/9/2026 - 10/11/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

Shamanic Reiki Master Teacher

EC 779 **Class Hours: 32** **Credits: 1.75**
There often comes a time when your healing process invites you to step into the Seat of a Leader or Teacher. Shamanic Reiki Master Teacher is one way of preparing yourself for that divine calling! This 32-hour intensive helps ensure you will be able to hold and deliver all elements of a Shamanic Reiki Training through the master level. This class includes a deep focus on understanding how to hold ceremony build and hold a class container lead journey work attune Reiki symbols teach a reiki protocol teach a holistic view of reiki history differentiate between different reiki teaching styles and hold them with equanimity and teach all the basic elements of walking a Shamanic Path. These include working with guides understanding the axis mundi and directions, building your own personal wheel understanding mission and giving away and learning from the land upon which each student walks. This is a two weekend class on Saturday and Sunday. Students will need to secure two clients for the clinical portion of the class. Students will be required to participate in one Shamanic Reiki Share at Gifts and Graces and sit in at least one teacher container for EC 775 EC 776 EC 777 or EC 778 before or after this class to receive the full certificate. PRERQ EC 775 EC 776 EC777 and EC778.
2 Weekends
6/27/2026 - 7/12/2026 Sa/Su 9am-6pm
\$640.00

Shamanic Wheel of Life

EC 777 **Class Hours: 20** **Credits: 0.5**
Throughout history all over the world and spanning nearly every culture that's existed are examples of the Wheel of Life or Medicine Wheel. Join us in a journey that explores your relationship to the Wheel of Life through your personal heritage. Define your entry point on the wheel and begin creating your personal wheel through ceremony and journeying. Learn to apply the metaphors of the Wheel of Life to your personal and professional practices. Text: \$25
1 Weekend
11/14/2025 - 11/16/2025 F 6pm-10 pm Sa/Su 9am-6pm
11/13/2026 - 11/15/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.

50 Class Descriptions

SOAP Notes

BC 110

Class Hours: 6

Credits: 0.25

Students learn to professionally document their therapeutic process. Intake forms are designed for future business. Case studies are practiced. By documenting every session with a client in SOAP fashion a therapist protects themselves against client complaint or lawsuit can effectively communicate with other health-care professionals or insurance personnel and gives a much better and more professional service to their clients. (CEU-NCBTMB)

2 weeks

1/7/2026 - 1/14/2026	W 6pm-9pm
2/17/2026 - 2/24/2026	Tu 9am-12pm
4/1/2026 - 4/8/2026	W 6pm-9pm
5/11/2026 - 5/18/2026	M 9am-12pm
6/17/2026 - 6/24/2026	W 6pm-9pm
7/29/2026 - 8/5/2026	W 9am-12pm
9/2/2026 - 9/9/2026	W 6pm-9pm
10/19/2026 - 10/26/2026	M 9am-12pm
12/2/2026 - 12/9/2026	W 6pm-9pm

\$120.00

CEU

Somatic Psychology: The Neuroscience of Regulation & Trauma

TC 630

Class Hours: 30

Credits: 2

Whether you or your client has experienced a little "t" trauma or a big "T" trauma our nervous systems are constantly seeking regulation and safety and sometimes the neurobiology of the body can interfere with healing. The first step of healing from trauma starts with learning how to regulate the nervous system and emotional expression. By understanding how the nervous system works and compensates for trauma a whole world of healing opens up. Students will learn about trauma regulation techniques and the ethics of working with those healing from trauma. Text: \$24

8 weeks

2/11/2026 - 4/1/2026	W 6pm-9:45pm
5/27/2026 - 7/22/2026	W 6pm-9:45pm

\$600.00

Somatic Psychology: The Neuroscience of Regulation & Trauma ONLINE

TC 630-OL

Class Hours: 30

Credits: 1.75

Whether you or your client has experienced a little "t" trauma or a big "T" trauma our nervous systems are constantly seeking regulation and safety. The first step of healing from trauma starts with learning how to regulate the nervous system and emotional expression. By understanding how the nervous system works and compensates for trauma a whole world of healing opens up. Students will learn about trauma regulation techniques and the ethics of working with those healing from trauma. Text: \$26

12/1/2025 - 1/11/2026
1/12/2026 - 2/15/2026
3/30/2026 - 5/3/2026
5/4/2026 - 6/7/2026
6/8/2026 - 7/19/2026
8/24/2026 - 9/27/2026
9/28/2026 - 11/1/2026
11/2/2026 - 12/13/2026

\$600.00

Online

Somatic Psychology: The Subtle Body ONLINE

TC 640-OL

Class Hours: 30

Credits: 1.75

Often people tend to think of spiritual connection outside the body; however the more we learn to embody ourselves the more deeply we connect to Spirit. In this course students will learn the sacred and ancient ways of the subtle energetic body, how to connect with it and how to use this work as a vessel to the soul and the Divine. Text: \$17

2/16/2026 - 3/29/2026
3/30/2026 - 5/3/2026
6/8/2026 - 7/19/2026
7/20/2026 - 8/23/2026
11/2/2026 - 12/13/2026
12/14/2026 - 1/24/2027

\$600.00

Online

Somatic Psychology: Trauma Informed Communication

TC 635

Class Hours: 30

Credits: 2

Trauma-Informed communication integrates an understanding of the need for an individual's physical and emotional safety choice and control and personal empowerment. The focus of this class is to gain a deep understanding and implementation of neutral sensitive and non-triggering engagement whether leading a class or working one on one with individuals. Using the latest research on the impact of trauma on physical emotional and mental health of individuals this class offers mindful dialogue, nervous system regulation techniques and trauma sensitive language.

8 Weeks

7/15/2026 - 9/2/2026	Wed 6-9:45pm
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\$600.00

Soul Coaching ONLINE

RF 171-OL

Class Hours: 30

Credits: 1.5

In reflexology the toes reveal personality, destiny, struggle and strength. In this course you will learn to use your observation and assessment of the toes in a way that allows you to communicate at a soul level with your client. Use penetrating soul coaching questions to facilitate deeper self-awareness in such a way as to help shift your client's perception of how they are and how they can be. NO PREREQ Supply fee: \$10 (CEU-NCBTMB)

12/1/2025 - 1/11/2026

2/16/2026 - 3/29/2026

5/4/2026 - 6/7/2026

7/20/2026 - 8/23/2026

9/28/2026 - 11/1/2026

12/14/2026 - 1/24/2027

\$600.00

CEU

Online

Sound Therapy for Bodyworkers & Practitioners: Bowls on Body

EC 134

Class Hours: 20

Credits: 0.75

Himalayan Singing Bowls promote deep relaxation and offer powerful healing properties harmonizing the cells and balancing the body's energy system. This class is designed for body workers, massage therapists, reiki practitioners and yoga teachers. It explores the history and background of the Himalayan Singing Bowls and how to incorporate them into a sound healing practice. The use of one and two sound bowls in healing protocols will be taught both on and off the body according to the Himalayan and Vedic Chakra systems. The use of multiple Himalayan Singing Bowls will also be introduced. While practicing the healing protocols students will learn to deepen their connection with clients through observation and communication, develop their intuition and honor their creativity. Text: \$16

1 Weekend

12/5/2025 - 12/7/2025

2/6/2026 - 2/8/2026

8/7/2026 - 8/9/2026

\$400.00

F 6pm-10 pm Sa/Su 9am-6pm

F 6pm-10pm Sa/Su 9am-6pm

F 6pm-10pm Sa/Su 9am-6pm

SpaLomi Massage

EC 146

Class Hours: 24

Credits: 0.75

Influenced by traditional Temple Lomilomi massage this course offers a restorative massage focused on long sweeping full body connective strokes that are rhythmic in orientation with specific use of forearms and elbows to create deep release within a 90 to 120 minute session. Very detailed and specific abdominal massage is included in this class. While the spiritual and ceremonial aspects of Lomilomi will be honored it will not be the emphasis. Native music that creates a trance-like theta state and advanced breathing techniques will be introduced along with the use of coconut oil. Pre-Req: MT 200 or licensed. Supply Fee: \$15 (CEU-NCBTMB) BW

6 weeks

3/19/2026 - 4/23/2026

11/12/2026 - 1/7/2027

1 weekend

6/26/2026 - 6/28/2026

\$480.00

Th 9am-1pm

Th 9am-1pm

Fri-Su 9am-6pm

CEU

Sports Massage - Intro

TE 650

Class Hours: 8

Credits: 0.25

Fast-paced class designed to teach you the basics of on-site sports massage. Warm-up and cool down techniques are taught plus Proprioceptive Neuromuscular Facilitation (PNF) is a stretching technique utilized to improve muscle elasticity and has been shown to have a positive effect on active and passive range of motion. Pre-Req: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 day

1/24/2026 - 1/24/2026

3/14/2026 - 3/14/2026

9/12/2026 - 9/12/2026

2 weeks

5/11/2026 - 5/18/2026

\$160.00

Sa 9am-6pm

Sa 9am-6pm

Sa 9am-6pm

M 9am-1pm

CEU

“ The soul knows everything.
Be who you are and
your life will transform forever.”

—Deepak Chopra

Swedish Massage

MT 200 **Class Hours: 40** **Credits: 1.25**
Learn a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones. You will learn kneading, stroking, friction tapping and vibration to relieve stiffness, pain and other health problems. This course also includes proper draping and centering techniques. The main purpose is to increase oxygen flow in the blood, improve range of motion and release toxins from the muscles. Other techniques taught include effleurage petrissage and tapotement. This is the framework onto which you can add many other modalities or use as a complete massage itself. Supplies: \$64 BW NCBTMB
5 weeks
1/13/2026 - 2/12/2026 Tu/Th 9am-1pm
10 weeks
1/27/2026 - 3/31/2026 Tu 6pm-10pm
3/17/2026 - 5/19/2026 Tu 9am-1pm
4/14/2026 - 6/16/2026 Tu 6pm-10pm
6/2/2026 - 8/11/2026 Tu 9am-1pm
7/7/2026 - 9/8/2026 Tu 6pm-10pm
8/25/2026 - 10/27/2026 Tu 9am-1pm
9/22/2026 - 12/1/2026 Tu 6pm-10pm
11/10/2026 - 2/2/2027 Tu 9am-1pm
\$800.00

Swedish Sedona

TE 701 **Class Hours: 20** **Credits: 0.75**
Learn to use movement and body weight to produce a flowing yet deep massage new concepts for connecting and expanding the range of your strokes. PRE-REQ: MT 200 SWEDISH or LICENSED Supplies: \$21 BW (CEU-NCBTMB)
1 weekend
11/7/2025 - 11/9/2025 F 6pm-10 pm Sa/Su 9am-6pm
3/27/2026 - 3/29/2026 F 6pm-10 pm Sa/Su 9am-6pm
9/25/2026 - 9/27/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

T

Thai Massage - Foot Massage

OE 640 **Class Hours: 20** **Credits: 0.5**
Foot massage was practiced throughout southern Thailand and taught at the Wat Po Traditional Medical School in Bangkok. Learn techniques to do a soothing restful hour-long massage using deep pressure warming lotions and a wooden dowel. Bring a pillow textbook dowel and sheet. For the final check-off also bring two hand towels. Wear clothing that will allow working on the feet and legs. Supplies: \$18 (CEU-NCBTMB)
1 weekend
2/27/2026 - 3/1/2026 F 6pm-10 pm Sa/Su 9am-6pm
6/5/2026 - 6/7/2026 F 6pm-10 pm Sa/Su 9am-6pm
10/2/2026 - 10/4/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

Thai Massage - Traditional

OE 620 **Class Hours: 40** **Credits: 1.25**
A comprehensive full body therapy using techniques developed over 2000 years ago by the personal physician of Buddha and practiced through the centuries in the temples of Thailand. Uses slow deep pressure along energy lines coupled with yoga like stretches with the client in loose clothing on a futon. Class introduces a basic one-hour treatment with additional techniques to do up to a three hour therapy. Supply fee: \$15 (CEU-NCBTMB) BW 2 Weekends
2 weekends
5/8/2026 - 5/17/2026 F 6pm-10 pm Sa/Su 9am-6pm
8/28/2026 - 9/13/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$800.00

The Art of Spiritual Expression ONLINE

SP 335-OL **Class Hours: 20** **Credits: 1**
As we experience the divine in the world around us we humans seek to communicate what we've learned with our communities. This expression could take the form of a sermon delivered from a pulpit. However it could also be a sacred text study podcast, a monthly potluck street art building tiny homes for the unhoused. In other words students will discover how living into their values can give others the permission to also live into their values. PREREQ: SP 162-OL
12/1/2025 - 1/11/2026
2/16/2026 - 3/29/2026
5/4/2026 - 6/7/2026
7/20/2026 - 8/23/2026
9/28/2026 - 11/1/2026
12/14/2026 - 1/24/2027
\$400.00

Online

Thumbless Therapy

EL 720 **Class Hours: 8** **Credits: 0.25**
This course teaches you how to save your thumbs using techniques that release major muscle groups using your fists, forearms and elbows. Career-prolonging body mechanics are also taught. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
1 day
12/6/2025 - 12/6/2025 Sa 9am-6pm
2/7/2026 - 2/7/2026 Sa 9am-6pm
7/25/2026 - 7/25/2026 Sa 9am-6pm
12/5/2026 - 12/5/2026 Sa 9am-6pm
\$160.00

CEU

TMJ Release

TE 740 **Class Hours: 4** **Credits: 0.25**
TMD (Temporomandibular Joint Dysfunction) is primarily a muscular problem. Learn to release the trigger points holding the jaw that create pain. Complete therapeutic massage protocol included. Pre-Req: MT 200 (Swedish) or MT 400 (Myotherapy) (CEU-NCBTMB) BW
1 day
3/22/2026 - 3/22/2026 Su 9am-1pm
7/26/2026 - 7/26/2026 Sa 9a-1pm
11/8/2026 - 11/8/2026 Su 9am-1pm
\$80.00

CEU

Toe Reading I – Reflexology Assessment & Introduction to Dialogue

RF 151 **Class Hours: 20** **Credits: 0.5**
It is well documented that everything that happens in your life, the story and the emotions are stored as cell memory. Toe Reading is based on the theory that the body holographically records the stories of our lives in the tissues of the toes. The position and shape of the toes say a lot about their owner and the energy in one's body. Using active listening, powerful-soul-searching questions along with deep-insight practitioners help people create change in their lives by examining their 'stories.' A trained Toe Reader humbly listens to the client quietly, makes observations, feels the energy in the toes, makes inquiries and presents metaphoric connections. Level 1 is an Introduction to the Ayurveda elements found in the toes, their meaning and how to give a basic Toe Reading to another. Coaching language and potent questions are introduced. (CEU-NCBTMB)
5 weeks
8/14/2026 - 9/18/2026 Fri 9am-1pm.
1 weekend
9/25/2026 - 9/27/2026 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

CEU

Trauma Informed Communication and Ethics for Bodyworkers

CC 105 **Class Hours: 32** **Credits: 2**
This class provides a framework of understanding for a client's need for physical and emotional safety and personal empowerment in a bodywork session. The focus of this class is to gain a deep understanding and implementation of neutral sensitive and non-activating engagement during a bodywork session. Using the latest research on the impact of trauma on physical, emotional and mental health this class offers mindful dialogue and regulation techniques that teach the student to recognize holding patterns in the client's body. Trauma informed communication skills will assist therapists in helping clients navigate through an emotional release in a safe professional therapeutic environment while staying within their scope of practice. Reinforcing proper draping techniques is a key component of this class. Text: \$83
8 weeks
12/11/2025 - 2/12/2026 Th 9am-1pm
1/26/2026 - 3/16/2026 M 6pm-10pm
8/27/2026 - 10/15/2026 Th 9am-1pm
11/12/2026 - 1/21/2027 Th 6-9:45pm
\$640.00

Trigger Point

TE 690 **Class Hours: 16** **Credits: 0.5**
This class serves as an introduction to Trigger Point Therapy, its history and pain relieving techniques. Emphasis is on locating and releasing the most common trigger points using compression with the thumb or elbow. Due to the hands-on work being done in class students are required to come to class prepared with: viewing clothes (shorts sports bras tank tops yoga pants) lotion (preferably not oil as it often does not offer enough control) and sheets. Text: \$22 Pre-Req: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)
4 weeks
12/10/2025 - 1/14/2026 W 9am-1pm
1/28/2026 - 2/18/2026 W 6pm-10pm
8/26/2026 - 9/16/2026 W 9am-1pm
11/11/2026 - 12/9/2026 W 6pm-10pm
1 weekend
3/21/2026 - 3/22/2026 Sa/Su 9am-6pm
\$320.00

CEU



Urban Farming - Field-to-Fork

UF 100 **Class Hours: 40** **Credits: 2**

This course provides a foundation for people interested in learning how to plant, implement and maintain their own garden. A sustainable approach is used to learn all the basics as well as patio gardening, water harvesting, seed saving tool usage and harvesting the food that has been grown. In addition students will explore Permaculture in depth. This course includes field trips in which students will explore many urban growing methods and systems here in Phoenix.

Text: \$70 Supplies: \$35

10 weeks

1/8/2026 - 3/12/2026

Th 6pm-10pm

\$800.00

Urban Farming - Seed to Sale

UF 101 **Class Hours: 30** **Credits: 1.5**

This class will explore ways to turn your private garden into a means of supplemental income. Students will explore harvesting, handling, storing and packaging their food products. Additionally they will learn about the Local Food Economy model marketing and charging for their food. Finally students will explore potential products they could make for sale to their community or workshops they could design and teach for profit. Pre-Req: UF 100 Text: same as UF 100

Supplies: \$35

8 weeks

3/19/2026 - 5/7/2026

Th 6-9:45pm

\$600.00

Urban Gardening & Sustainable Foraging ONLINE

PH 120-OL **Class Hours: 40** **Credits: 2**

This course provides a foundation for people interested in learning how to plant, implement and maintain their own garden. A sustainable approach is used to learn all the basics including patio gardening, seed saving and harvesting the food that has been grown. In addition students will explore Permaculture in depth. Students will also research and forage local herbs. Text: Same as PH 110-OL PREREQ: PH 101-OL & PH 110-OL

2/16/2026 - 3/29/2026

\$800.00

Online



Western Herbalism - Applied Ethics

CC 440 **Class Hours: 15** **Credits: 1**

This course is specially designed for Western Herbalism students and addresses the important ethical considerations and laws specific to the herbalism industry. Students will review the Code of Ethics from the America Herbalist Guild and create their own professional code of ethics to prepare them for practice. Supply Fee: \$10 Text: \$20

4 weeks

1/5/2026 - 2/2/2026

M 6pm-9:45pm

\$300.00

Western Herbalism - Desert Medicine

WH 291 **Class Hours: 8** **Credits: 0.25**

This field study course provides additional training for herbalists who are interested in doing plant walks as part of their herbalism vocation. Many desert plant medicines will be explored at length with remedy samples and teaching materials. Students will learn desert materia medica and be guided in teaching techniques while developing a plant biome specialty. Location: Spear S Ranch trailhead New River AZ Materials fee: \$55 Text: 17

2 weeks

3/18/2026 - 3/28/2026

W 5:30pm-8:30pm and Sa 9am-2pm

\$160.00

Western Herbalism - Flight Final Practicum

WH 305 **Class Hours: 60** **Credits: 1.25**

This course provides the students with many opportunities to experience real world application of their Western Herbalism studies: protocol generation custom formulation research application educational presentation retail training and cultivation. Hours may vary - clarification from instructor. PRERQ WH 230 Supplies: \$75.

13 weeks

8/18/2026 - 12/1/2026

Tu 5pm-9pm

\$1200.00

Western Herbalism - Formulary Practicum

WH 377 **Class Hours: 18** **Credits: 0.75**

This course is for advanced students interested in clinical herbalism. Compounding theories are studied followed by hands-on dispensary and formulary practicum. PRERQ WH 240 Supplies: \$75.

3 weeks

11/19/2026 - 12/3/2026

Th 5pm-9pm F 12pm-4pm Sa 12pm-6pm

\$360.00

Western Herbalism - Herbal Bioarts Clinic Preparations

WH 280 **Class Hours: 45** **Credits: 3**

This course precedes client experience. A team of teachers will provide direction and guidance towards clinical preparedness for herbalists. This will be an entrepreneurial orientation to herbal clinic with valuable personal tools acquired. Supply fee: \$85 PRERQ WH 230

6 weeks

6/9/2026 - 8/6/2026

Tu/Th 5:30pm-8:30pm

\$900.00

Western Herbalism - Herbal Flowers

WH 275 **Class Hours: 16** **Credits: 1**

This course delves deeply into the role of flowers as an adjunct remedy to herbal medicine as well as the distinction between remedies for physical versus emotional healing. The student will gain clinical understanding for herbal practice from personal experience, become familiar with flower medicines in the Sonoran desert and experience learning from multiple practitioners of the same craft. Supply fee \$70

3 weeks

2/12/2026 - 2/28/2026

Th 12pm-4pm

\$320.00

Western Herbalism - Herbal Sciences

SC 240 **Class Hours: 62** **Credits: 4**

This course explores the practical nature of physiology and pathology as it applies to Western Herbalism. In this course students will explore the structural and functional understanding of the human body and the beneficial applications of Nature's tools for promoting wellness. Text: \$65

16 weeks

2/9/2026 - 6/1/2026

M 6pm-10pm

\$1240.00

Western Herbalism - Herbs for Babies & Children

WH 250 **Class Hours: 8** **Credits: 0.5**

Explore the use of herbs and natural remedies for acute and chronic conditions for babies and young children. NO PREREQ. Supplies: \$45.

3 weeks

2/18/2026 - 3/4/2026

W 5:30pm-8:30pm

\$160.00

Western Herbalism - Manufacturing & Remedy Production

WH 365 **Class Hours: 14** **Credits: 0.5**

The professional preparation of botanicals is the focus of this two part series. Lecture information and contemporary applications of historical medicine-making leads to a field trip of observation. Supplies: \$60.

4 weeks

4/22/2026 - 5/6/2026

W 5:30pm-8:30pm and varies

\$280.00

Western Herbalism - Plants and People

WH 276 **Class Hours: 10** **Credits: 0.25**

Experience and guidance is provided in this course for using herbs personally making hands on home remedy and enjoyment on a plant walk. Supply Fee: \$45

4 weeks

5/13/2026 - 6/3/2026

W 5:30pm-8pm

\$200.00

Western Herbalism - Section A: Seed Sowing

WH 210 **Class Hours: 45** **Credits: 2.5**

History of botanical medicine ethnobotany cultivation, wildcrafting taxonomy herbarium and native plant identification. PRERQ WH 100. Supplies: \$80 Text: \$255

7 weeks

1/6/2026 - 2/17/2026

Tu/Th 5:30pm-8:30pm

\$900.00

Western Herbalism - Section B: Germination

WH 220 **Class Hours: 45** **Credits: 2.5**

Materia medica pharmacognosy pharmacy delivery systems and medicine making. PRERQ WH 210 Text: \$60 Supplies: \$80.

7 weeks

3/3/2026 - 4/7/2026

Tu/Th 5:30pm-8:30pm

\$900.00

To speak with an Admissions Coach
call 480-994-9244 | Info@swiha.edu

Western Herbalism - Section C: Growth & Evolution**WH 230****Class Hours: 45****Credits: 2.5**

Manufacturer's study product reviews diagnostic applications code of ethics and clinical issues. PRERQ WH 220 Text \$60 Supplies: \$80

7 weeks

4/16/2026 - 6/4/2026

Tu/Th 5:30pm-8:30pm

\$900.00

Western Herbalism - Section D: Harvest & Reap**WH 240****Class Hours: 45****Credits: 2.5**

Within the context of finishing body systems' materia medicas the student develops awareness and skills regarding the role of the herbalist as clinician. Lectures complement the retail and clinical aspects of the practicum course. Should be taken with WH 305 simultaneously PRERQ WH 230 Text: \$60 Supplies: \$80

13 weeks

8/20/2026 - 11/12/2026

Th 5:30pm-8:30pm

\$900.00

Western Herbalism - The Green Man**WH 256****Class Hours: 12****Credits: 0.75**

Western Herbalism applications for men's health. Supplies \$45 Text: 17

4 weeks

3/25/2026 - 4/15/2026

W 5:30pm-8:30pm

\$240.00

Western Herbalism - The Herbal Goddess**WH 265****Class Hours: 18****Credits: 1**

This course presents a complete understanding of medical approaches to treatment of female physiological function and allows the student to gain knowledge in order to make differential assessment and recommendations for herbal clinic apothecary and formulary for female medical issues. The student will also gain personal insight in order to develop a more empathetic herbal practice and learn to connect ritual with physical remedies as part of holistic healing techniques.

NO PRERQ. Supplies: \$55

6 weeks

1/7/2026 - 2/11/2026

W 5:30pm-8:30pm

\$360.00

Z**Zen Shiatsu - Meridian Therapy****MT 615****Class Hours: 16****Credits: 0.5**

Learn to give short therapies with the use of specific acupressure points for targeted medical conditions and emotions using Shiatsu a Japanese modality based on Chinese Medical Theory and Western Psychology. Learn the 12 meridian pathways by using brushing compressions and stretches to facilitate release and rebalancing of the body. Apply the therapy to fully clothed clients. Can be effectively used in combination with other modalities such as reflexology massage Myotherapy or Thai bodywork. BW (CEU-NCBTMB)

1 weekend

10/10/2026 - 10/11/2026

Sa/Su 9am-6pm

\$320.00

CEU**Zen Shiatsu - Balancing: 5 Element TCM Theory****MT 620****Class Hours: 16****Credits: 0.5**

Students will study the basic principles of Taoism TCM Yin/Yang Theory Five Element Theory the Three Treasures (Jing Qi & Shen) basic Tai Chi Qigong and Five Element Meditation / Visualization to gain more tools for their sessions. The students will work the meridians using hand techniques and stretching to bring balance in the body. BW (CEU-NCBTMB)

1 weekend

11/15/2025 - 11/16/2025

Sa/Su 9am-6pm

11/14/2026 - 11/15/2026

Sa/Su 9am-6pm

\$320.00

CEU**Zen Shiatsu - Simple Full Body Form****MT 610****Class Hours: 16****Credits: 0.5**

Learn Shiatsu massage using thumb palm finger forearm knee and elbows range of motion meridian stretches healing with energy work use your body effortlessly to feel imbalances in the body and promote deep relaxation includes self-shiatsu. BW (CEU-NCBTMB)

1 weekend

8/22/2026 - 8/23/2026

Sa/Su 9am-6pm

\$320.00

CEU

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Friday, February 6, 2026
Friday, March 6, 2026
Friday, April 3, 2026
Friday, May 1, 2026
Friday, June 5, 2026
Friday, July 10, 2026
Friday, August 7, 2026



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CLASSES AT A GLANCE

January 2026

05 BC 441 E	7	Resiliency and Self-Care for Massage Therapists
CC 440 E	15	Western Herbalism - Applied Ethics
TE 146 E	8	Breast Health - Intro
06 HN 610 E	30	Applied Holistic Nutrition & Whole Foods Culinary II
WH 210 E	45	Western Herbalism - Section A: Seed Sowing
YO 112 E	60	Yoga Module II - UNITY Yoga Teaching Foundations
07 BC 110 E	6	SOAP Notes
WH 265 E	18	Western Herbalism - The Herbal Goddess
08 UF 100 E	40	Urban Farming - Field-to-Fork
WH 360 E	49	Awakening Intern/Externship
09 AR 100 W	20	Aromatherapy - Intro
PC 998 M	24	Polarity - Spinal Balancing
10 EC 700 W	16	Reiki I - Traditional
11 EC 791 W	8	Reiki for Prosperity
12 BC 530 E	15	Intro Holistic Entrepreneurship & Self-Empowerment
MT 115 M	60	Anatomy
13 MT 200 M	40	Swedish Massage
16 EC 766 W	20	Reiki Master/Teacher Initiation
HC 101 W	20	HWC - Foundations of Wellness Coaching
LC 111 W	20	Introduction to Life Coaching
PC 110 W	24	Polarity - Trance Counseling
YO 132 W	20	Yoga-Intro to Sacred Sound, Meditation, Bowls, Gong
17 AR 115 W	8	Aromatherapy-Foot Chakra Reflex for Bodyworkers
MT 540 W	5	Comprehensive CPR
18 AR 120 W	8	Aromatherapy - Therapeutic Touch
21 TE 260 M	16	Fibromyalgia Therapy
YO 111 E	60	Yoga Module I - UNITY Yoga Foundations
22 HC 201 E	40	HWC - Professional Wellness Coaching & Ethics
LC 121 E	40	Life Coaching - Heart Centered Approach Part I
23 CB 400 M	8	Mother Touch
PC 870 M	24	Cranial Unwinding III
24 AR 125 W	8	Aromatherapy - Essential Oil Hydrating Wrap
SC 250 W	45	Botany
TE 650 W	8	Sports Massage - Intro
26 CC 105 E	32	Trauma Informed Comm & Ethics for Bodyworkers
MT 115 E	60	Anatomy
MT 540 M	5	Comprehensive CPR
YO 451 E	30	Yoga - Applied Yoga Anatomy
YO 455 E	30	Yoga - Business of Yoga
27 MT 200 E	40	Swedish Massage
SC 415 E	40	Pathology - BW
28 CC 131 E	32	Psychology of Addiction - Understanding the Shadow
TE 690 E	16	Trigger Point
30 EC 778 W	40	Shamanic Pathways
EL 220 E	4	Face-Lift Acupressure
31 EC 106 W	16	Energetic Acupressure - Intro
MT 810 W	16	Integrated Structural Bodywk - Low Back, Pelvis Legs
OE 320 W	4	Hand & Wrist Health Maintenance
TE 340 W	16	Lymphatic Massage

February 2026

06 EC 134 W	20	Sound Therapy for Bodywks/Practrns: Bowls on Body
07 EL 720 W	8	Thumbless Therapy
MT 540 W	5	Comprehensive CPR
PC 400 W	32	Polarity - Communications, Resonance & Relations I
08 MT 604 W	8	Lymphatic Massage - Advanced
09 SC 240 E	62	Western Herbalism - Herbal Sciences
11 BC 542 E	45	Applied Entrepreneurship
BC 543 E	20	Business in Action
TC 630 E	30	Somatic Psych: Neuroscience Regulation & Trauma
12 WH 275 M	16	Western Herbalism - Herbal Flowers
YO 442 E	30	Yoga - Modified Poses, Props & Principles
13 PC 850 W	20	Cranial Unwinding I
16 YO 111 S	60	Yoga Module I - UNITY Yoga Foundations
17 BC 110 M	6	SOAP Notes
18 TE 402 M	16	Medical Massage for Cancer Survivors
WH 250 W	8	Western Herbalism - Herbs for Babies & Children
19 MT 540 M	5	Comprehensive CPR
20 HY 101 W	20	Hypnotherapy - Foundations Level I
MT 605 W	20	Neuro Touch - Neuromuscular Re-education Techniq.
21 EC 711 W	16	Reiki II - Traditional
EL 600 W	4	Canine Massage
23 TE 160 M	8	Carpal Tunnel/Thoracic Outlet Release
25 TE 302 E	16	Elder Touch - Medical
26 HC 302 E	30	HWC - Advanced Wellness Coaching 2
LC 131 E	40	Life Coaching - Heart Centered Approach Part II

MT 520 M	7	First Aid
27 EC 700 M	16	Reiki I - Traditional
EC 775 W	20	Shamanic Reiki I & II
HY 201 W	40	Hypnotherapy - Foundations Level II
OE 640 W	20	Thai Massage - Foot Massage
PC 100 W	20	Polarity - Basic I
28 TE 364 W	16	Massage Sideline w/Deep Listening

March 2026

03 BC 441 M	7	Resiliency and Self-Care for Massage Therapists
HN 620 E	30	Mindful Eating & Nutrition Wellness Coaching
WH 220 E	45	Western Herbalism - Section B: Germination
05 YO 113 E	60	Yoga Module III - UNITY Yoga Deepening the Path
06 IG 111 W	12	Introduction to Intuitive Guidance
PC 999 M	24	Polarity - Autonomic Nervous System
RF 201 W	20	Reflexology - A Western Approach for Bodyworkers
07 EC 750 W	16	Reiki Symbolism & Geometric Grid
MT 540 W	5	Comprehensive CPR
13 PC 150 W	48	Polarity - Basic II (Ayurvedic Elements)
14 AR 109 W	4	Aromatherapy - Ginger Compress
AR 300 W	4	Aromatherapy - Toning & Detox
MT 301 W	8	Corporate Chair
TE 650 W	8	Sports Massage - Intro
15 TE 142 W	8	Scar Tissue Massage
TE 320 W	8	Lower Back Pain Release
16 MT 115 M	60	Anatomy
MT 500 M	60	Physiology
17 MT 200 M	40	Swedish Massage
MT 400 M	40	Myotherapy - 7 Step Release System
18 WH 291 E	8	Western Herbalism - Desert Medicine
19 EC 146 M	24	SpaLomi Massage
PC 850 M	20	Cranial Unwinding I
UF 101 E	30	Urban Farming - Seed to Sale
20 YO 506 W	40	Yoga - Transformational Yoga Coaching
21 TE 690 W	16	Trigger Point
22 TE 740 W	4	TMJ Release
23 BC 441 E	7	Resiliency and Self-Care for Massage Therapists
BC 540 E	40	Business Development & Entrepreneurial Support
YO 112 E	60	Yoga Module II - UNITY Yoga Teaching Foundations
YO 456 E	20	Yoga - Therapeutic Postures I (YIN)
25 WH 256 E	12	Western Herbalism - The Green Man
26 YO 112 S	60	Yoga Module II - UNITY Yoga Teaching Foundations
27 IG 211 W	24	Angels and Guides
RF 201 M	20	Reflexology - A Western Approach for Bodyworkers
TE 701 W	20	Swedish Sedona
28 CB 410 W	12	Baby Touch
EC 720 W	8	Reiki III - Advanced
TE 260 W	16	Fibromyalgia Therapy
29 EC 741 W	8	Reiki - Angels, Guides, and Masters
30 TE 380 E	8	Neck Release

April 2026

01 BC 110 E	6	SOAP Notes
TC 610 W	20	Heart Centered Leadership
06 TC 120 E	24	Coaching the Hero Within
08 YO 454 E	30	Physiology & Health Conditions for Yoga Therapists
09 YO 441 E	30	Yoga - Advanced Sequencing
10 EC 776 W	20	Shamanic Reiki III & Beyond
PC 880 W	24	Cranial Unwinding IV
11 EC 731 W	16	Reiki & Beyond - Sound & Vibration
RF 575 W	4	Reflexology - Hand for Bodyworkers
12 RF 218 W	8	East Indian Head Acupressure
13 MT 115 E	60	Anatomy
MT 500 E	60	Physiology
14 MT 200 E	40	Swedish Massage
MT 400 E	40	Myotherapy - 7 Step Release System
15 TC 150 E	24	Building Resiliency & Stress Management
16 TE 600 E	12	Rock & Unlock
WH 230 E	45	Western Herbalism - Section C: Growth & Evolution
17 HY 301 W	40	Hypnotherapy - Foundations Level III Clinic
YO 434 W	20	Yoga - Posture of Consciousness
18 AR 222 W	12	Aromatherapy for Holistic Wellness
EC 700 W	16	Reiki I - Traditional
PC 200 W	30	Polarity APP/Cranial - Practicum
22 WH 365 E	14	Western Herb - Manufacturing & Remedy Production
23 PC 100 M	20	Polarity - Basic I
24 IG 311 W	24	Intuitive Guidance - Practical Applications

CLASSES AT A GLANCE

April 2026

25	TE 340	W	16	Lymphatic Massage
	TE 590	W	12	Removing the Armor
27	YO 477	E	30	Yoga - Therapeutic Postures II (RESTORATIVE)
30	AR 100	M	20	Aromatherapy - Intro

May 2026

01	PC 700	W	20	Polarity - Reflexology for Bodyworkers
	YO 438	W	40	I AM Yoga®: Principles of Meditation in Motion®
02	CB 420	W	12	Baby Craniosacral Therapy
04	BC 530	E	15	Intro Holistic Entrepreneurship & Self-Empowerment
05	YO 113	S	60	Yoga Module III - UNITY Yoga Deepening the Path
06	BC 441	M	7	Resiliency and Self-Care for Massage Therapists
	BC 543	E	20	Business in Action
	TE 340	M	16	Lymphatic Massage
08	MT 301	M	8	Corporate Chair
	OE 620	W	40	Thai Massage - Traditional
	RF 202	M	20	Reflexology - Assessment Skills for Bodyworkers
09	CB 400	W	8	Mother Touch
	PC 960	W	30	Polarity - Clinic
	PC 961	W	30	Cranial Unwinding - Clinic
10	EC 791	W	8	Reiki for Prosperity
11	BC 110	M	6	SOAP Notes
	TE 650	M	8	Sports Massage - Intro
13	WH 276	E	10	Western Herbalism - Plants and People
15	AR 100	W	20	Aromatherapy - Intro
	HC 101	W	20	HWC - Foundations of Wellness Coaching
	LC 111	W	20	Introduction to Life Coaching
	PC 850	W	20	Cranial Unwinding I
18	CC 131	E	32	Psychology of Addiction - Understanding the Shadow
20	MT 520	M	7	First Aid
	YO 113	E	60	Yoga Module III - UNITY Yoga Deepening the Path
21	HC 201	E	40	HWC - Professional Wellness Coaching & Ethics
	LC 121	E	40	Life Coaching – Heart Centered Approach Part I
27	TC 610	E	20	Heart Centered Leadership
	TC 630	E	30	Somatic Psych: Neuroscience Regulation & Trauma
29	IG 401	W	20	Business of Intuitive Guidance
	YO 701	W	40	Yoga - Integral Breath Therapy
30	PC 400	W	32	Polarity - Communications, Resonance & Relations I
	TE 364	W	16	Massage Sideline w/Deep Listening

June 2026

01	MT 115	M	60	Anatomy
	MT 151	M	36	Kinesiology - Anatomical Applications
02	MT 200	M	40	Swedish Massage
	TE 220	M	24	Deep Tissue Sculpting
03	YO 448	E	20	Yoga - Yogic Energy Anatomy & Chakras
	YO 540	E	30	Yoga - Trauma Informed Comm. for Yoga Teachers
04	PC 850	M	20	Cranial Unwinding I
	TE 662	M	20	Hydrotherapy for Injury Management
05	OE 640	W	20	Thai Massage - Foot Massage
	PC 100	W	20	Polarity - Basic I
06	AR 117	W	4	Aromatherapy - Pet Care
	EC 711	W	16	Reiki II - Traditional
	EL 600	W	4	Canine Massage
	HY 404	W	30	Hypnotherapy - Advanced Techniques
	TE 160	W	8	Carpal Tunnel/Thoracic Outlet Release
07	MT 540	W	5	Comprehensive CPR
08	BC 441	E	7	Resiliency and Self-Care for Massage Therapists
09	WH 280	E	45	Western Herb - Herbal Bioarts Clinic Preparations
10	BC 542	E	45	Applied Entrepreneurship
12	AR 106	W	20	Aromatherapy for the Spirit
	RF 201	W	20	Reflexology - A Western Approach for Bodyworkers
13	EC 798	W	8	Reiki Clinic
	OE 320	W	4	Hand & Wrist Health Maintenance
	PC 942	W	16	Polarity-Dr. Stones Energy Exercises & Mystic Philo.
14	EC 798	W	8	Reiki Clinic
17	BC 110	E	6	SOAP Notes
20	AR 120	W	8	Aromatherapy - Therapeutic Touch
21	AR 115	W	8	Aromatherapy-Foot Chakra Reflex for Bodyworkers
25	HC 302	E	30	HWC - Advanced Wellness Coaching 2
	LC 131	E	40	Life Coaching – Heart Centered Approach Part II
26	EC 146	W	24	SpaLomi Massage
	EC 766	W	20	Reiki Master/Teacher Initiation
	PC 860	W	24	Cranial Unwinding II
	TE 121	W	20	Myotherapy - Mastery
	YO 702	W	20	Yoga - Integral Breath Therapy II
27	EC 779	W	32	Shamanic Reiki Master Teacher

June 2026

RF 575	W	4	Reflexology - Hand for Bodyworkers
28 RF 218	W	8	East Indian Head Acupressure

July 2026

06	MT 115	E	60	Anatomy
	MT 151	E	36	Kinesiology - Anatomical Applications
	YO 537	E	20	Yoga - Yogic Bodywork
07	BC 304	E	20	Business Practices for Massage Therapists
	MT 200	E	40	Swedish Massage
08	BC 301	M	8	Ethics for Massage Therapists
09	PC 987	W	32	Polarity - 5 & 6 Point Star
10	MT 605	W	20	Neuro Touch - Neuromuscular Re-education Techniq.
	RF 203	M	20	Reflex - Emotional Balance & Being for Bodyworkers
11	AR 109	W	4	Aromatherapy - Ginger Compress
	AR 300	W	4	Aromatherapy - Toning & Detox
	MT 810	W	16	Integrated Structural Bodywk -Low Back, Pelvis Legs
	PC 855	W	16	Cranial Anatomy - Listening Skills
	TE 225	W	8	Rotator Cuff/Shoulder Joint
12	AR 125	W	8	Aromatherapy - Essential Oil Hydrating Wrap
	TE 320	W	8	Lower Back Pain Release
13	BC 304	M	20	Business Practices for Massage Therapists
15	TC 635	E	30	Somatic Psychology: Trauma Informed Comm.
16	PC 100	M	20	Polarity - Basic I
	TE 402	M	16	Medical Massage for Cancer Survivors
17	AR 110	E	8	Aromatherapy - Pharmacology
	PC 150	W	48	Polarity - Basic II (Ayurvedic Elements)
	YO 132	W	20	Yoga-Intro to Sacred Sound, Meditation, Bowls, Gong
18	AR 101	W	32	Aromatherapy-Advanced
	EC 731	W	16	Reiki & Beyond - Sound & Vibration
	MT 540	W	5	Comprehensive CPR
21	TE 364	M	16	Massage Sideline w/Deep Listening
22	TE 146	M	8	Breast Health - Intro
24	PC 850	W	20	Cranial Unwinding I
25	AR 425	W	16	Aromatherapy - Massage with Oils
	EL 720	W	8	Thumbless Therapy
	TE 364	W	16	Massage Sideline w/Deep Listening
26	TE 142	W	8	Scar Tissue Massage
	TE 740	W	4	TMJ Release
27	TC 150	E	24	Building Resiliency & Stress Management
29	BC 110	M	6	SOAP Notes
	TC 120	E	24	Coaching the Hero Within
31	EL 220	E	4	Face-Lift Acupressure

August 2026

01	EC 106	W	16	Energetic Acupressure - Intro
	PC 200	W	30	Polarity APP/Cranial - Practicum
02	MT 520	W	7	First Aid
	MT 604	W	8	Lymphatic Massage - Advanced
03	BC 540	E	40	Business Development & Entrepreneurial Support
05	YO 450	E	30	Yoga - Yogic Energy Anatomy & Chakras
07	EC 134	W	20	Sound Therapy for Bodywks/Practnrs: Bowls on Body
	HY 316	W	20	Hypnotherapy - Fears, Phobias & Addictions
	PC 100	W	20	Polarity - Basic I
	PC 998	W	24	Polarity - Spinal Balancing
08	MT 820	W	16	Integrated Structural Bodywk-Torso, Shoulders, Arms
10	BC 301	E	8	Ethics for Massage Therapists
	BC 441	M	7	Resiliency and Self-Care for Massage Therapists
	YO 111	S	60	Yoga Module I - UNITY Yoga Foundations
	YO 455	E	30	Yoga - Business of Yoga
11	TE 402	E	16	Medical Massage for Cancer Survivors
12	TE 220	W	24	Deep Tissue Sculpting
	TE 320	M	8	Lower Back Pain Release
13	TE 225	M	8	Rotator Cuff/Shoulder Joint
14	PC 870	W	24	Cranial Unwinding III
	RF 151	M	20	Toe Reading I-Reflex Assessment & Intro to Dialogue
15	EC 720	W	8	Reiki III - Advanced
18	WH 305	E	60	Western Herbalism - Flight Final Practicum
20	WH 240	E	45	Western Herbalism - Section D: Harvest & Reap
21	TE 662	W	20	Hydrotherapy for Injury Management
	YO 401	W	20	Yoga - Nidra I
22	AR 222	W	12	Aromatherapy for Holistic Wellness
	MT 610	W	16	Zen Shiatsu – Simple Full Body Form
	PC 960	W	30	Polarity - Clinic
	PC 961	W	30	Cranial Unwinding - Clinic
24	MT 115	M	60	Anatomy
	TE 302	M	16	Elder Touch - Medical
25	MT 200	M	40	Swedish Massage

TUITION GUIDE

Program Name	Total Clock Hours	Total Credit Hours	Reg Fee	Estimate Required Books	Tech Fee	Supply Fee	Material Fee	Tuition	Optional Licensing /Cert -Fees
DEGREE PROGRAMS - Associate of Occupational Studies in Holistic Health Care with Concentration									
Mind-Body Transformational Psychology	1116-1156	60.00	\$75	\$648	\$200	\$177	\$20-50	\$22320-23120	70*
Professional Massage Practitioner	1131-1334	60.00	\$75	\$590	\$200	\$377-500	\$20-50	\$22620-26680	219.50
Western Herbalism	992-1092	60.00	\$75	\$856-917	\$200	\$1,197	\$20-50	\$19840-21840	none
DIPLOMA PROGRAMS									
Holistic Health and Wellness Coach- ONLINE	755	44.30	\$75	\$377-678	\$300	\$450	\$0	\$15,100	\$450
Integrative Healing Arts Practitioner	750	43.25	\$75	\$160-506	\$100	\$114-757	\$0	\$15,000	200*
Integrative Healing Arts Practitioner- ONLINE	780	43.25	\$75	\$990-1045	\$300	\$70-90	\$0	\$15,600	200*
Master Massage Practitioner	1000	49.00	\$75	\$436-481	\$100	\$193-337	\$0	\$20,000	219.5
Mind Body Wellness Practitioner	600	34.75	\$75	\$226-482	\$100	\$80-569	\$0	\$12,000	\$70*
Professional Massage Practitioner	750	36.25	\$75	\$436-481	\$100	\$323-366	\$0	\$15,000	219.5
Western Herbalism	745	37.25	\$75	\$920	\$100	\$1,183	\$0	\$14,900	none
Yoga Advanced Teacher Training	600	21.75	\$75	\$356-452	\$100	\$320-573	\$0	\$12,000	\$350-600*
Advanced Yoga Teacher & Healing Arts Practitioner	800	34.75	\$75	\$342-500	\$100	\$255-540	\$0	\$16,000	\$350-600*
Integrative Yoga Therapy	1000	39.50	\$75	\$407	\$100	\$665	\$0	\$20,000	\$350-600*
PRIMARY SPECIALTY/CERTIFICATE OF EXCELLENCE *Specialties are not designed to be stand-alone vocational training									
Aromatherapy	100	5.50	\$25	\$20	\$100	\$334-364	\$0	\$2,000	none
Advanced Professional Hypnotherapy- ONLINE	350	17.25	\$25	\$425	\$300	\$48	\$0	\$7,000	\$175
Cranial Unwinding	200	8.50	\$25	\$0	\$100	\$10	\$0	\$4,000	none
End of Life Doula	100	5.25	\$25	\$79	\$100	\$25	\$0	\$2,000	none
End of Life Doula- ONLINE	100	5.25	\$25	\$57	\$100	\$0	\$0	\$2,000	none
Grounded Spirituality & Sacred Ceremonies	100	5.25	\$25	\$60	\$100	\$30	\$0	\$2,000	none
Healing Botanicals & Earth Ceremonies Facilitator	100	5.00	\$25	\$114	\$100	\$10	\$0	\$2,000	none
Health and Wellness Coach	200	10.25	\$25	\$145	\$100	\$156	\$0	\$4,000	\$450
Health and Wellness Coach - ONLINE	200	10.25	\$25	\$271	\$100	\$150	\$0	\$4,000	\$450
Holistic Herbal Remedies	100	5.25	\$25	\$159	\$100	\$365	\$0	\$2,000	none
Holistic Nutrition ONLINE	200	11.75	\$25	\$417	\$100	\$10	\$0	\$4,000	none
Hypnotherapy	100	4.75	\$25	\$98	\$100	\$75	\$0	\$2,000	\$70*
Hypnotherapy ONLINE	100	4.75	\$25	\$153	\$100	\$20	\$0	\$2,000	\$70*
Intuitive Guide	100	4.75	\$25	\$35	\$100	\$20	\$0	\$2,000	none
Intuitive Coach - ONLINE	100	4.75	\$25	\$75	\$100	\$0	\$0	\$2,000	none
Life Coaching	100	5.00	\$25	\$106	\$100	\$80	\$0	\$2,000	none
Life Coaching ONLINE	100	5.00	\$25	\$18	\$100	\$10	\$0	\$2,000	none
Medical Massage	100	4.00	\$25	\$0	\$100	\$30	\$0	\$2,000	none
Mindful Meditation Facilitator-ONLINE	100	6.00	\$25	\$92	\$100	\$0	\$0	\$2,000	none
Modern Spirituality Celebrant- ONLINE	200	10.00	\$25	\$86	\$100	\$0	\$0	\$4,000	200 *
Myotherapy	100	3.00	\$25	\$15	\$100	\$0	\$0	\$2,000	none
Polarity- Associate Polarity Practitioner	200	9.00	\$25	\$87	\$100	\$50	\$0	\$4,000	\$240*
Reflexology	120	7.50	\$25	\$23-48	\$100	\$50-105	\$0	\$2,400	none
Reiki	100	3.00	\$25	\$22-35	\$100	\$10-65	\$0	\$2,000	none
Shamanic Principles and Pathways	100	3.00	\$25	\$44	\$100	\$200	\$0	\$2,000	none
Urban Farming & Conscious Living	100	5.50	\$25	\$149	\$100	\$105	\$0	\$2,000	none
Urban Gardening & Practical Herbalism OL	100	5.00	\$25	\$42	\$100	\$0	\$0	\$2,000	none
Yoga -Body Psychology	100	4.50	\$25	\$0	\$100	\$35	\$0	\$2,000	none
Yoga Teacher Training	200	6.25	\$25	\$105	\$100	\$121	\$0	\$4,000	\$350*
Yoga Nidra	100	4.50	\$25	\$0	\$100	\$85	\$0	\$2,000	none
Yoga Nidra - ONLINE	100	6.00	\$25	\$22	\$10	\$100	\$0	\$200	none
SOUTHWEST INSTITUTE OF NATURAL AESTHETICS									
Natural Aesthetics Practitioner Diploma	600	24	\$75	\$100	\$100	\$2,500	\$0	\$12,000	\$240
Natural Aesthetics Master Educator Diploma	350	15	\$75	\$35	\$100	\$250	\$0	\$2,800	\$240
Advanced Skincare Practitioner & Laser Technician Diploma	780	31	\$75	\$100	\$100	\$3,730	\$0	\$16,320	\$240
Laser Technician Certificate	180	7	\$75	\$100	\$100	\$1,230	\$0	\$4,320	\$30

***Book costs, supply fees, material fees and lab fees are subject to change. *** **Current tuition rate \$20/hour**

Most standard priced courses may be audited at no charge for no credit on a space available basis. Space available is defined as adequate physical space in the classroom and a student ratio which does not require the addition of an assistant solely due to auditing students. Please contact Online Student Services for online auditing options.*****Please note tuition rates do not include supplies, materials, or misc fees**

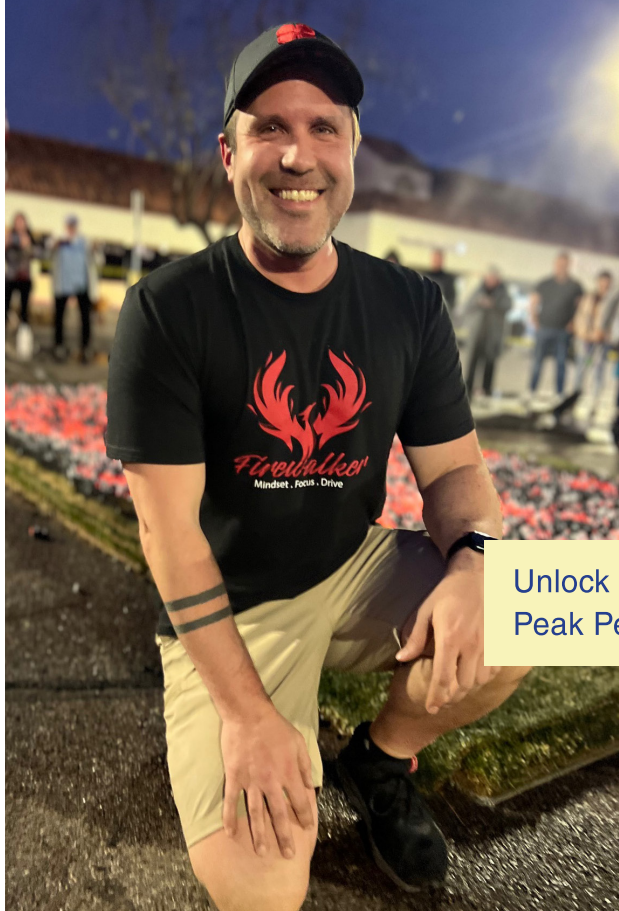
* EXTERNAL LICENSING FEES :

- Yoga Registration is NOT REQUIRED for graduation by SWIHA. Registration is separate and available through Yoga Alliance.
- Hypnotherapy Certification is NOT REQUIRED for graduation by SWIHA. Certification is available through: NATH - National Association of Transpersonal Hypnotherapists or the ABH - American Board of Hypnotherapy.
- Polarity Registration is NOT REQUIRED for graduation by SWIHA. Registration is available through the American Polarity Therapy Association.

Fired Up! **Peak Performance Conference & Firewalk**

Saturday, January 31, 2026 | 10am-7pm

lead by James Patrick - *The Tony Robbins of Tempe*



Use QR Code to Register



Early Bird Pricing \$149 ends December 31st, 2025
Regular price \$199

**Unlock your potential and ignite your passion at our one-day
Peak Performance Conference and Firewalk Event!**

Join us for an unforgettable experience designed to elevate your mindset, boost your motivation, and transform your life. You'll discover proven strategies to break through your limits, overcome obstacles, and unleash your true potential.

As the day culminates in the exhilarating Firewalk, you'll not only face your fears, you will conquer them! This symbolic act of walking across hot coals is a transformative experience that will empower you to embrace challenges in all areas of your life.



**Don't miss this unique opportunity to step out of your comfort zone,
ignite your inner fire, and achieve peak performance.**

Become a Licensed Aesthetician



We offer a perfect blend of aesthetics education & advanced laser training, along with a transformational 'mind-body-wellness' focus.

Students become proficient in a wide variety of spa treatments, cosmetic applications and holistic skincare techniques. Students are then able to master their skills in a real-life spa setting, practicing interpersonal skills and bringing out their inner and outer beauty naturally.



Natural Aesthetics Practitioner

600 Classroom Hours

Night Program:

1/13/26, 3/16/26, 5/12/26

Day Program:

2/3/26, 4/7/26, 6/2/26, 8/4/26, **8/31/26

**1/2 day scheduling from 8:30am-12:30pm

Cosmetic Laser Technician

180 Classroom Hours

(Must be Licensed prior to taking this program)

Night Program:

1/27/26, 5/12/26, 8/25/26

Day Program:

3/17/26, 7/7/26, 10/13/26



Advanced Skincare Practitioner and Cosmetic Laser Technician

780 Classroom Hours

Night Program:

1/13/26, 3/16/26, 5/12/26

Day Program:

2/3/26, 4/7/26, 6/2/26, 8/4/26



Call
480.994.9244
to speak with an
Admissions Coach

Southwest Institute of Natural Aesthetics

A branch of Southwest Institute of Healing Arts

1460 E. Southern Ave. Tempe, AZ 85282 | BeASkincareSpecialist.com